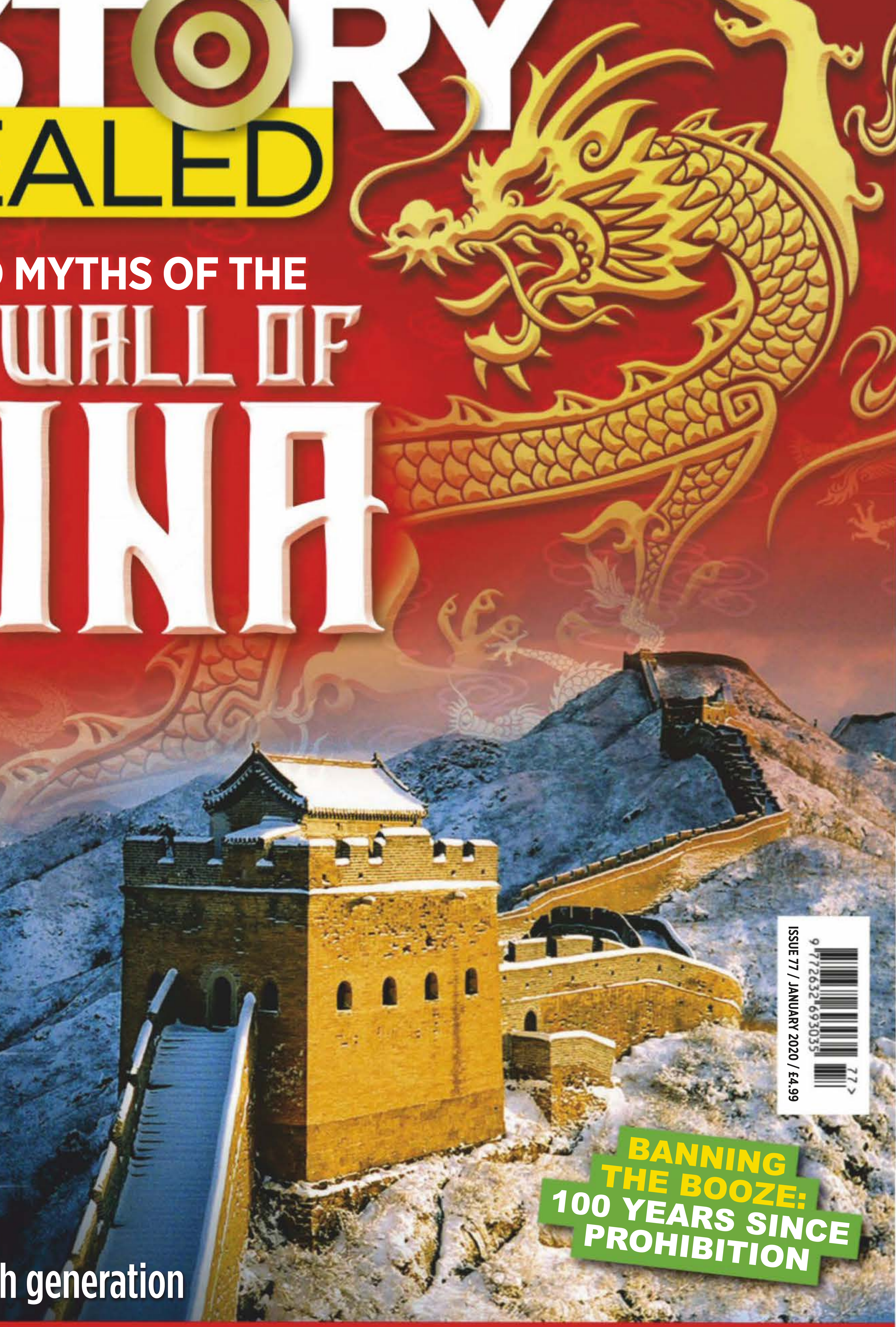
FANTASTIC MEDIEVAL BEASTS

Mermaids, Manticores and more

10 WEIRD DIETS FROM HISTORY

BBC HISTORY REVEALED



TRUTHS AND MYTHS OF THE GREAT WALL OF CHINA

ORPHANS OF THE HOLOCAUST

Call the Midwife
An A-Z of childbirth

Bound for Britain
Stories of the Windrush generation

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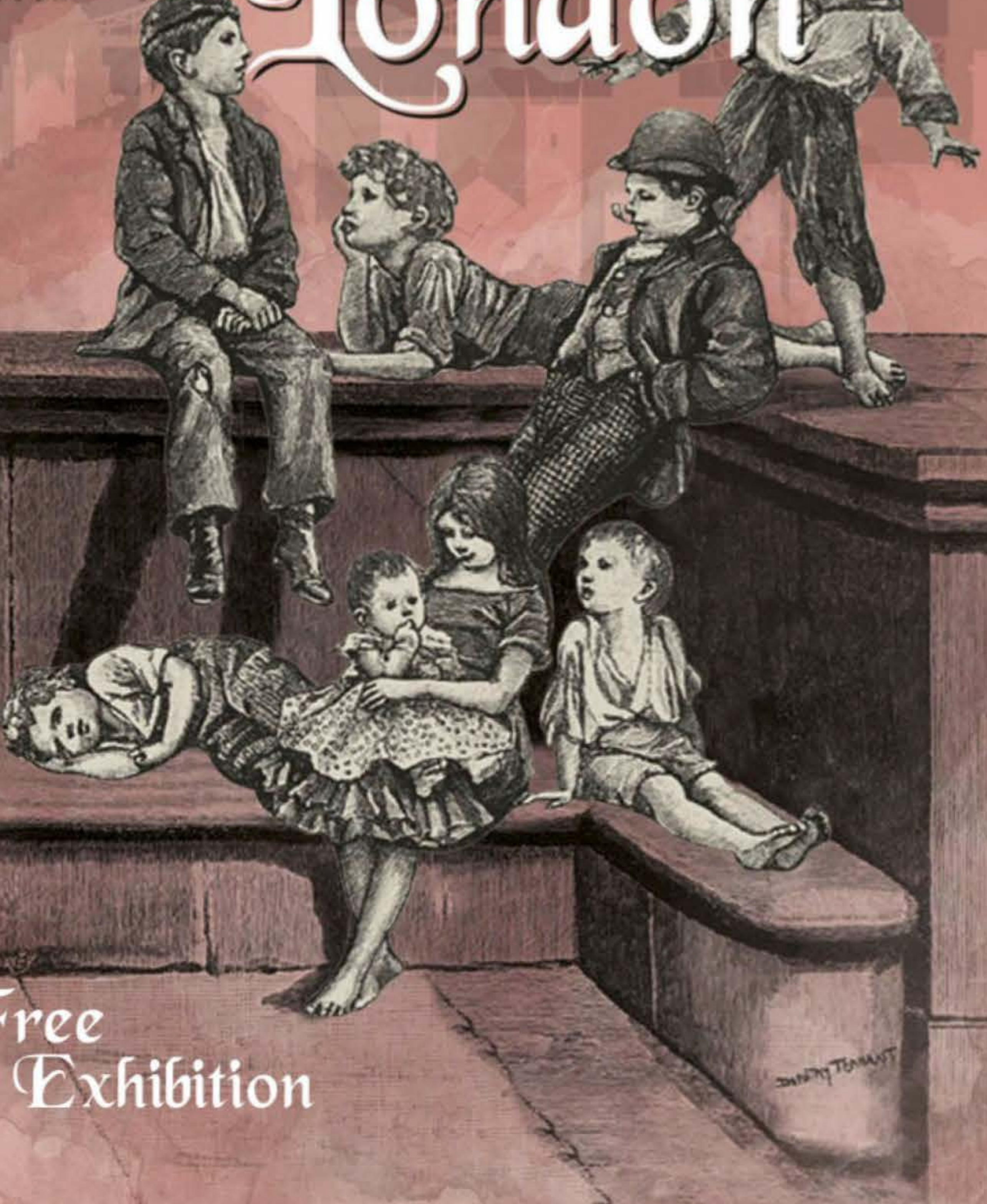
20 January - 20 June 2020

Childhood in Dickensian London



Free Exhibition

> "In the little world in which children have their existence, whosoever brings them up, there is nothing so finely perceived and so finely felt as injustice."
>
> - Charles Dickens, Great Expectations

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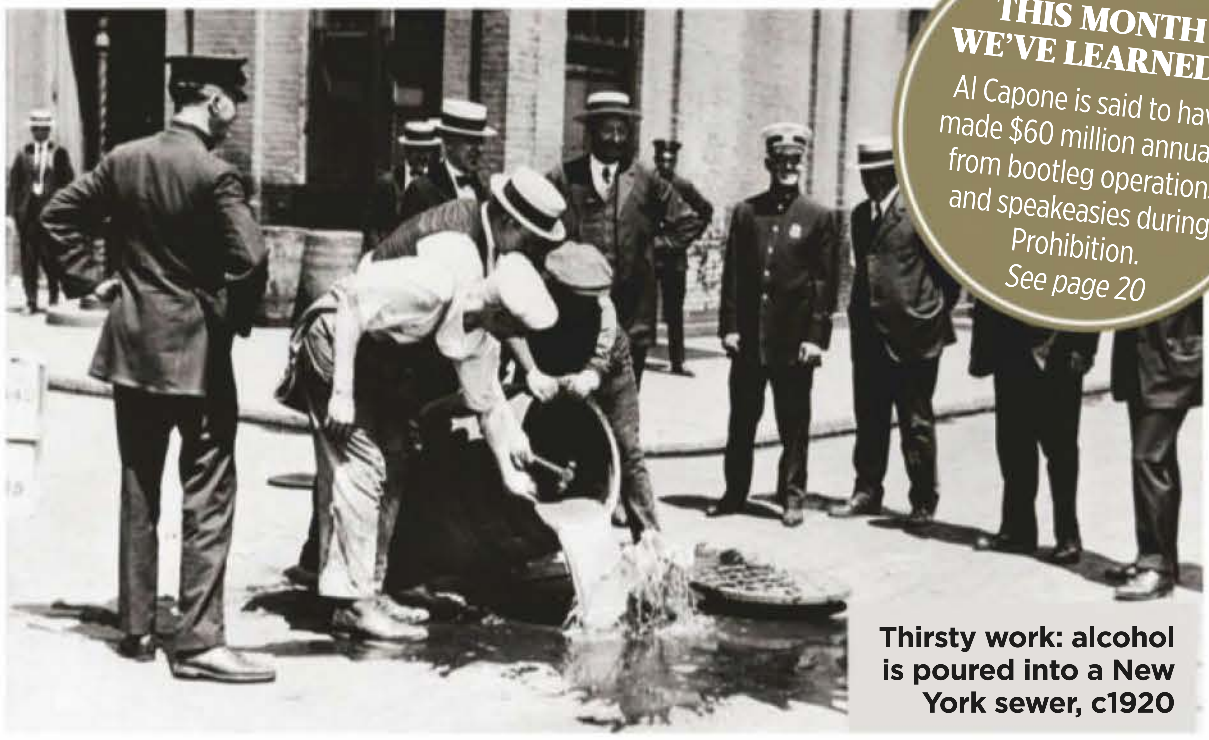

THIS MONTH WE'VE LEARNED...
Al Capone is said to have made $60 million annually from bootleg operations and speakeasies during Prohibition.
See page 20

Thirsty work: alcohol is poured into a New York sewer, c1920

Wonder wall

The **Great Wall of China** is widely considered one of the wonders of the modern world, attracting more than 10 million visitors every year. But despite its lure, there is still a multitude of myths that surround its creation. In this month's cover feature, we examine the truths of the wall's history. How long is it? Why was it built? And can it really be seen from space? Find out on page 26.

Also this month, as the world marks 75 years since the liberation of Auschwitz, we'll be looking at **300 child survivors of the Holocaust** who were brought to the Lake District in August 1945 to recover from their horrific experiences and begin new lives (*p48*). Elsewhere in the issue, we'll be exploring the stories of the **men, women and children who left the West Indies** for a new chapter in Britain in the late 1940s, many on board HMT *Empire Windrush* (*p58*), and we'll be marking the return of BBC One favourite *Call the Midwife* with an **A–Z of midwifery** through history (*p43*).

Finally, by the time you read this, many of you will have already made your New Year's Resolutions and will have perhaps vowed to shed some excess Christmas pounds. With this in mind, we've worked with BBC's Dr Michael Mosley to unearth **ten of history's strangest diets** – from a nip of arsenic to a dollop of tapeworms. Find out more on page 37.

Happy New Year!

Charlotte Hodgman
Editor

Charlotte

Don't miss our February issue, on sale 23 January

CONTRIBUTORS

Michael Mosley
The BBC presenter and best-selling author looks at ten bizarre weight-loss fads from history – from vinegar to sleeping. *Page 37.*

Colin Grant
The author and cultural historian shares stories from the Windrush generation, including that of his own parents. *Page 58.*

Rebecca Clifford
The historian tells the story of 300 children who were brought from a Nazi concentration camp to the Lake District. *Page 48.*

ON THE COVER: BRIDGEMAN IMAGES X1, GETTY IMAGES X1, GETTY IMAGES X4, ON THIS PAGE: DOMINIC MARTLEW X1, GETTY IMAGES X1

ON THE COVER

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Oyster
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BOOZE HOUNDS PLEAS
STAY OUT

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Can it really be seen from space?

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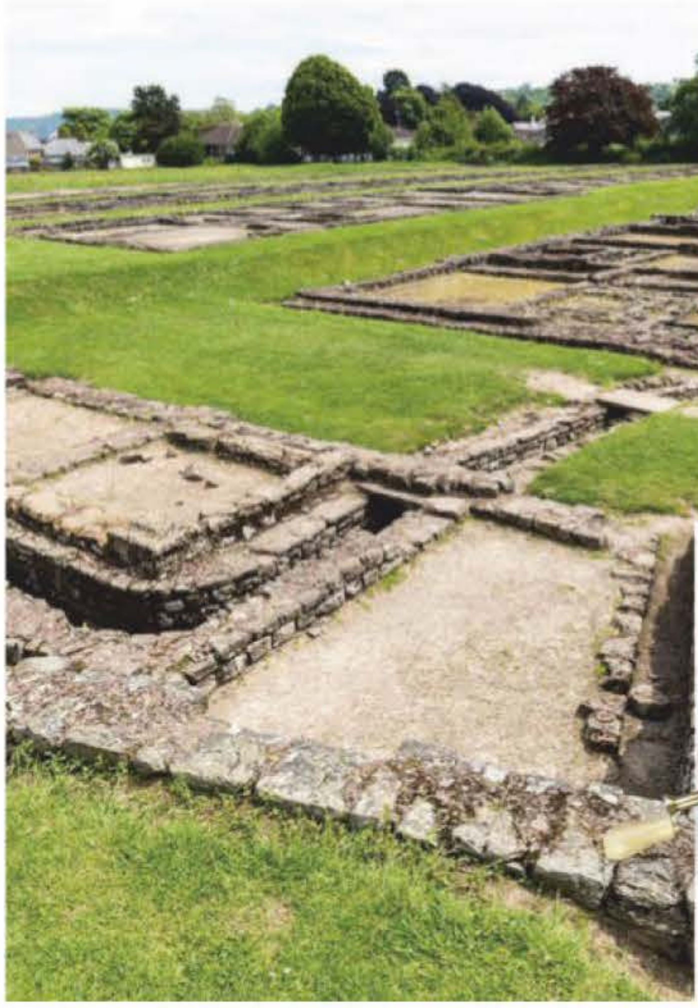

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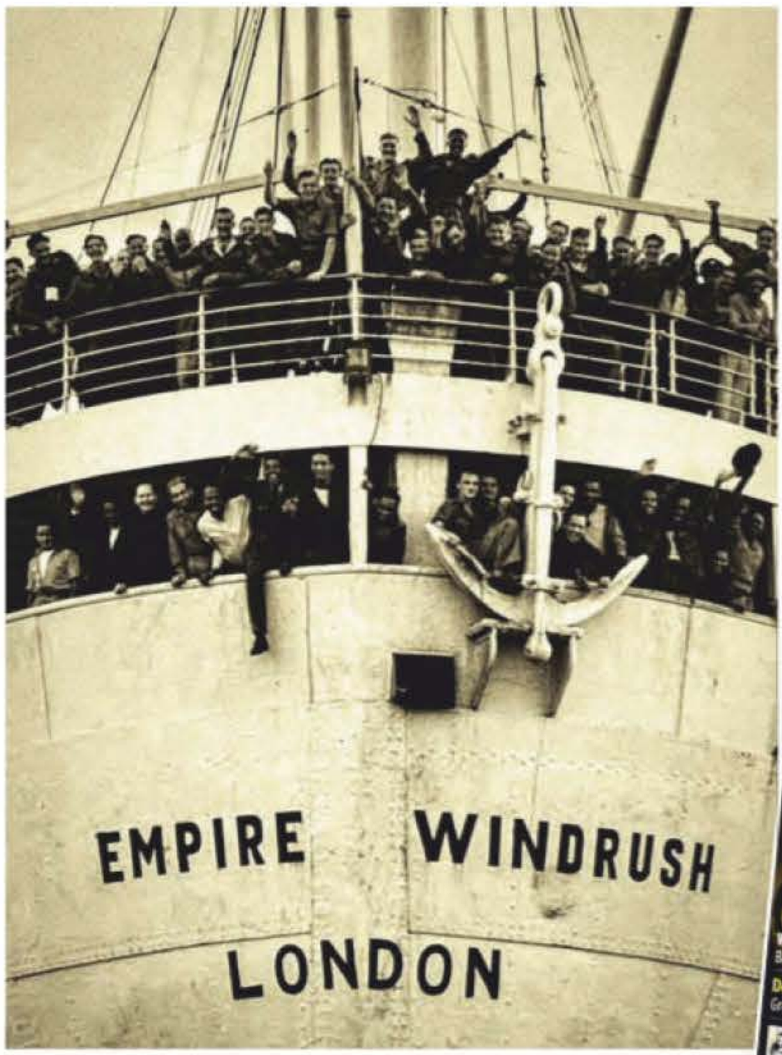
EMPIRE WINDRUSH
LONDON

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BBC HISTORY REVEALED
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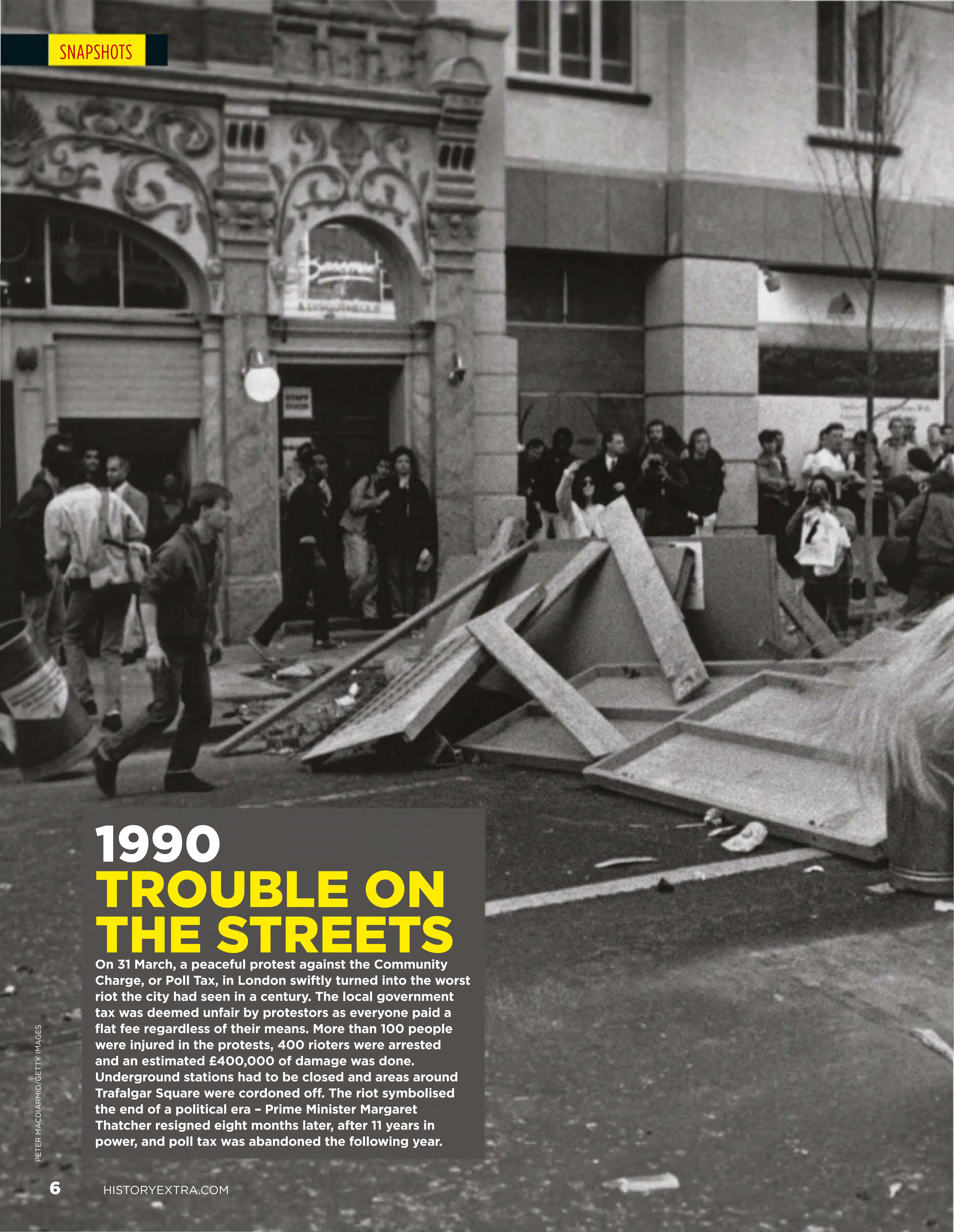


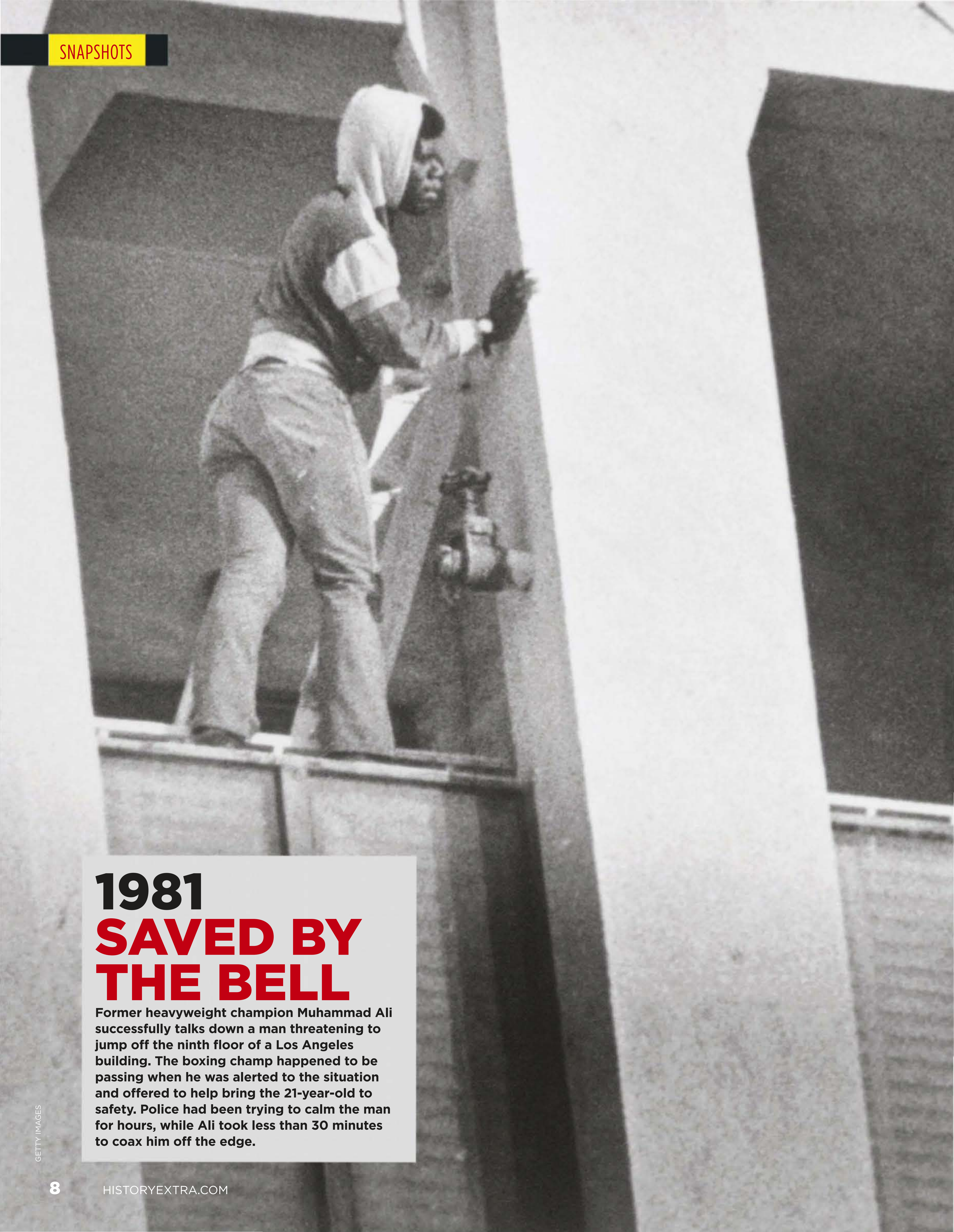
1990

TROUBLE ON THE STREETS

On 31 March, a peaceful protest against the Community Charge, or Poll Tax, in London swiftly turned into the worst riot the city had seen in a century. The local government tax was deemed unfair by protestors as everyone paid a flat fee regardless of their means. More than 100 people were injured in the protests, 400 rioters were arrested and an estimated £400,000 of damage was done. Underground stations had to be closed and areas around Trafalgar Square were cordoned off. The riot symbolised the end of a political era – Prime Minister Margaret Thatcher resigned eight months later, after 11 years in power, and poll tax was abandoned the following year.

PETER MACDIARMID/GETTY IMAGES

POLICE
TO LE

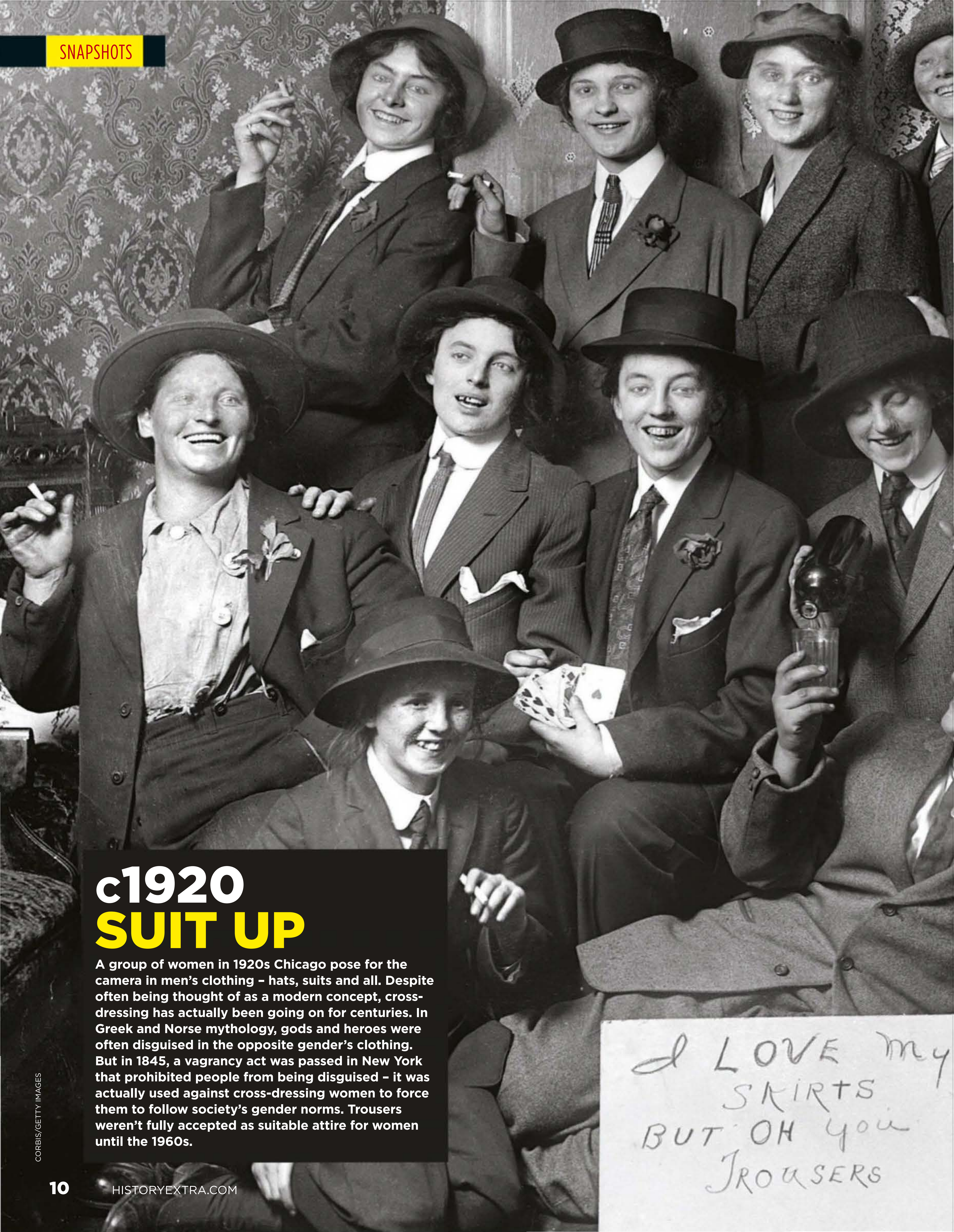


1981

SAVED BY THE BELL

Former heavyweight champion Muhammad Ali successfully talks down a man threatening to jump off the ninth floor of a Los Angeles building. The boxing champ happened to be passing when he was alerted to the situation and offered to help bring the 21-year-old to safety. Police had been trying to calm the man for hours, while Ali took less than 30 minutes to coax him off the edge.

GETTY IMAGES



c1920
SUIT UP

A group of women in 1920s Chicago pose for the camera in men's clothing – hats, suits and all. Despite often being thought of as a modern concept, cross-dressing has actually been going on for centuries. In Greek and Norse mythology, gods and heroes were often disguised in the opposite gender's clothing. But in 1845, a vagrancy act was passed in New York that prohibited people from being disguised – it was actually used against cross-dressing women to force them to follow society's gender norms. Trousers weren't fully accepted as suitable attire for women until the 1960s.

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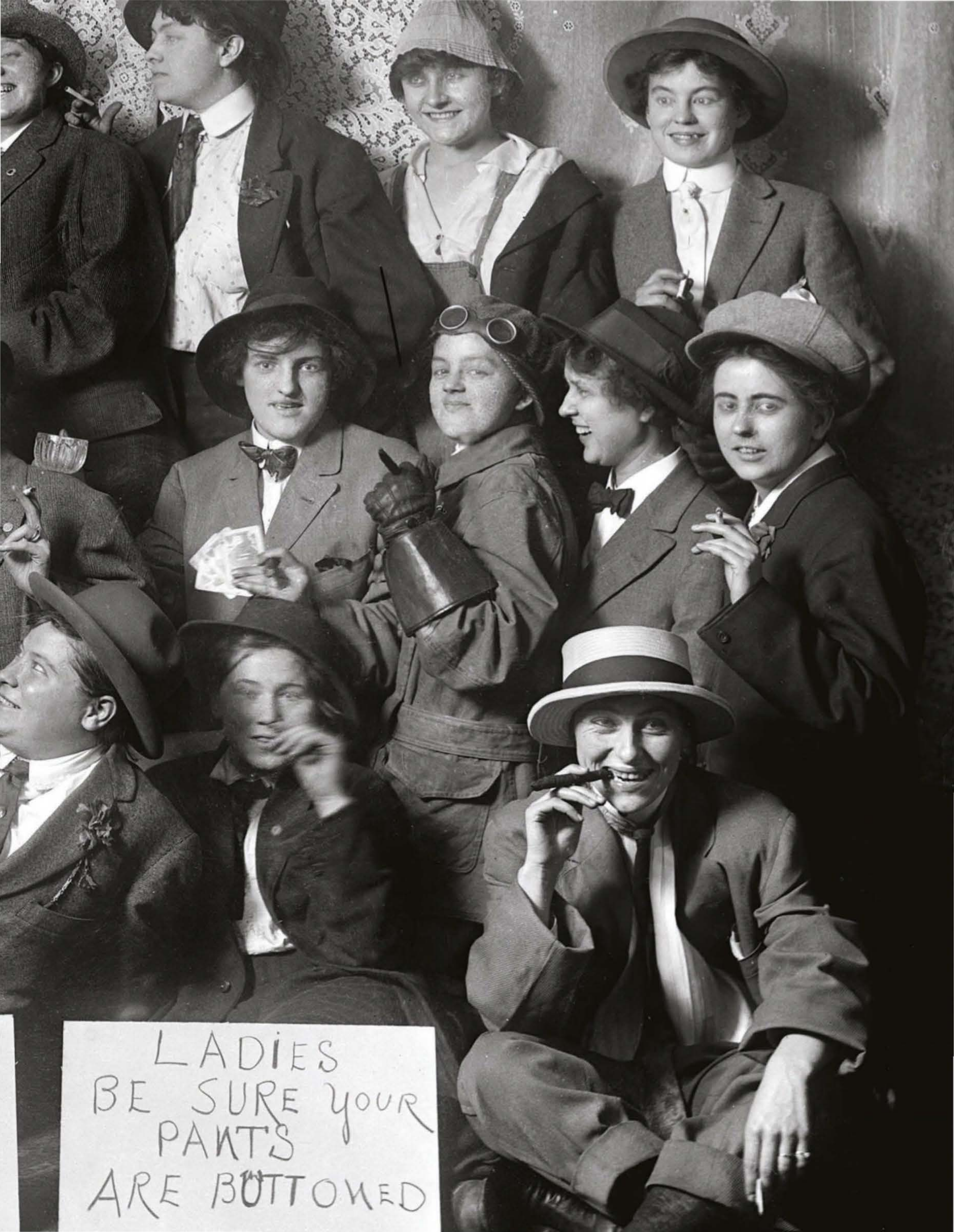
LADIES
BE SURE YOUR
PANTS
ARE BUTTONED

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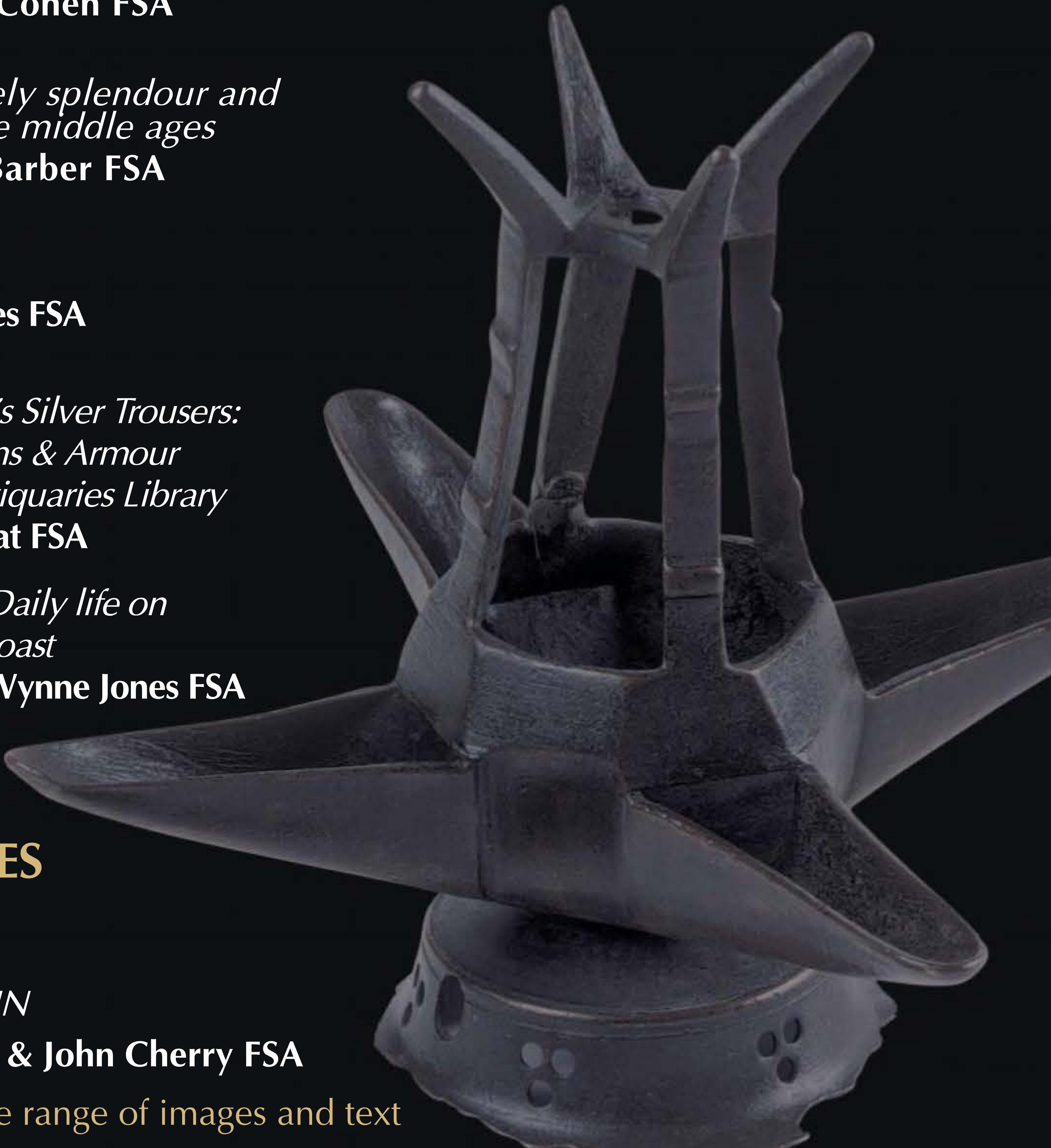
Lecture by Richard Barber FSA

07 APR *The Origins of Easter*
Lecture by Naomi Sykes FSA

05 MAY *Wee Willie & the King's Silver Trousers: A Tale of Medieval Arms & Armour from the Society of Antiquaries Library*
Lecture by Ralph Moffat FSA

04 JUN *Belief and Belonging: Daily life on the medieval Swahili coast*
Lecture by Stephanie Wynne Jones FSA



UPCOMING CONFERENCES

Friday 03 APRIL
SEALS AND THE PEOPLE OF BRITAIN
Organised by Dr Elizabeth New FSA & John Cherry FSA

This conference will explore the wide range of images and text displayed by seals and how this can be interpreted to reveal social identities, both normal and exceptional, across medieval and early modern Britain. Different identities will be explored, including: urban and rural; learned and unlearned; craft and communal. It will also explore links with personal and family names, inherited symbols, and how far family relationships influence seals.

£20 per person. (Lunch & Wine Reception included)

Lamp of Knowlege
Medieval Jewish sabbath lamp, adopted as the Society's emblem

Burlington House, Piccadilly, London, W1J 0BE
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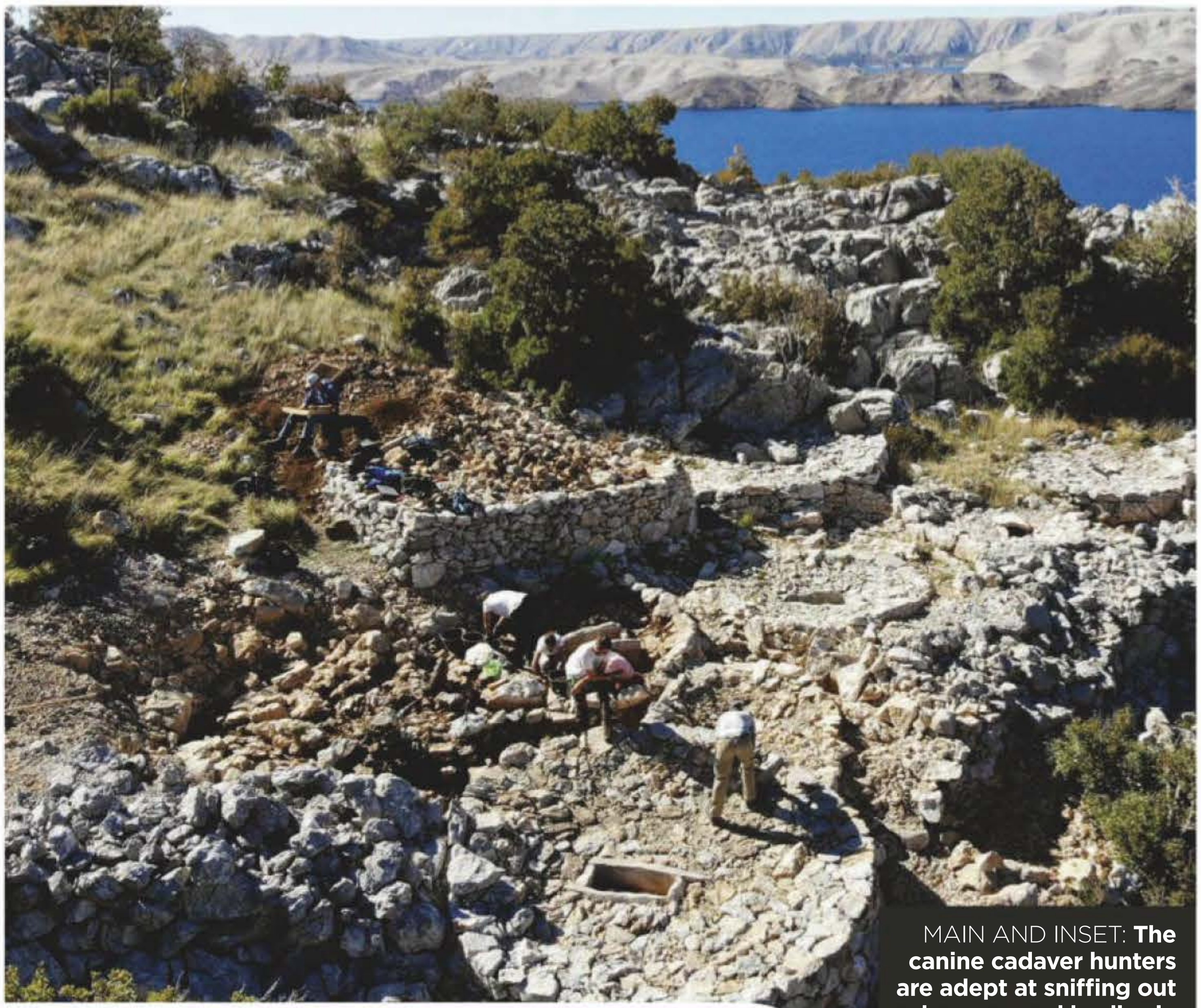
REWIND

Giving you a fresh perspective on the events and findings from history

HISTORY IN THE NEWS



MAIN AND INSET: **The canine cadaver hunters are adept at sniffing out decomposed bodies in the lost tombs**

DOGS SNIFF OUT IRON AGE TOMBS IN CROATIA

Archaeologists uncover human remains with some special help

Our canine companions are more than just pets – they're also service dogs, assistance dogs and now tomb raiders. At the 8th-century hilltop fort of Drvišica in Croatia, archaeologists decided to call in some unusual helpers to find burial tombs.

A dog trainer brought along some Belgian Malinois and German Shepherds – normally used for criminal investigations. The dogs found burial chests containing human bones as well as other artefacts.

Dogs have an extremely strong sense of smell and can detect graves even when the remains have been removed. Another benefit of canine assistance is that as well as being extremely accurate, it is a non-destructive method and may work where ground-penetrating radar does not.

It's believed the remains found at the site belonged to relatively poor people due to the harsh climate and poor soil in the area.

COLOUR PHOTO

A demon barber of dentistry....p16

SO'S CURE
TRIX

YOUR HISTORY

Historian and writer Nell Darby....p17

YESTERDAY'S PAPERS

IRA hunger striker Bobby Sands dies p18

Sands dead

Fears now of a new backlash

Smoke gear query as five die in blazing home

figures go up again

Watch Your Savings

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Prohibition comes into effect......................p20

NO BOOZE SOLD HERE

YEAR IN FOCUS: 1899

The Great Blizzard freezes the US...p22

CENTER S.PAS X2, GETTY IMAGES X3

Ely Company, 1st Battalion Cambridgeshire Regiment, c1938

SOLDIER FIXED WATCHES TO SURVIVE WORLD WAR II

An appeal by Ely Museum has uncovered an extraordinary story about a POW in Japan

A captured British soldier survived his World War II imprisonment by mending the watches of his guards. The family of Albert Norman spotted him a photograph as part of an appeal by Ely Museum. The museum was trying to match names with the faces of the Ely Company, part of the Cambridgeshire Regiment's territorial first battalion.

After Norman's family recognised him, his story came to light. The battalion was captured in 1942 at Singapore, and for three years the prisoners of war suffered horrific conditions and treatment. Norman had been a watchmaker in his family's Ely-based business and his granddaughter Vicki Slaughter commented that Norman used to repair the watches of his guards in exchange for extra food. Norman, who was nicknamed Tick-Tock, reportedly set the watches that he fixed to run slightly slower, causing the guards to be late and get into trouble.

Prisoners of war in Japan suffered some of the worst conditions of World War II – a quarter of soldiers died in captivity, torture was sometimes carried out, and many captive soldiers returned home with diseases such as malaria and dysentery. Some of those imprisoned worked as slave labourers in Japan's docks, mines and airfields.

Ely Museum, which was extremely pleased to be able to help unearth Norman's story, is currently closed for redevelopment and will reopen in autumn 2020.

SKELETONS REVEAL SECRETS OF THE TOWER

Remains have shone a light on the many facets of the Tower of London

Two skeletons have been found at the Tower of London, revealing what life was like for the ordinary people who called the fortress home.

The two complete skeletons were discovered in 2019 beneath the Chapel Royal of St Peter ad Vincula – the final resting place of three queens of England including Anne Boleyn as well as 'traitors' who were executed nearby. The digs were taking place as part of plans to improve disabled access into the 16th-century chapel when the burial site was unearthed.

The skeletons were of an adult female and a young child lying on their backs with their feet facing east, suggesting a traditional Christian burial. Artefacts found alongside the remains indicate that they were buried between 1450 and 1550. The find has led archaeologists to believe that the chapel's burial ground was used for those who worked and lived within the Tower as well for its high-status residents.

As well as being a prison and royal residence, the medieval and Tudor castle was home to a thriving village with its own pubs and chapels for those who worked there and their families.

Historic Royal Palaces curator Alfred Hawkins examines the remains

PREHISTORIC MAMMOTH HUNTING PITS FOUND

Mammoth traps have been discovered in Mexico, indicating that prehistoric people directly hunted these animals. Archaeologists working at Tultepec, north of Mexico City, uncovered more than 800 bones from at least 14 mammoths in the so-called hunting pits. It's thought that flaming torches were used to frighten the animals into the traps – marks made by spears were also found. Previously it was thought that hunters scared mammoths into swamps and waited for them to die, but the discovery of traps now suggests they were directly hunted.

70,000

The estimated number of stone tools recently found at Blick Mead in Wiltshire, thought to be Britain's first city and home to the ancestors of those who built Stonehenge.

ELY MUSEUM X1, RICHARDLEA-HAIR/HISTORICROYALPALACES X2, TRUSTEES OF THE BRITISH MUSEUM X1

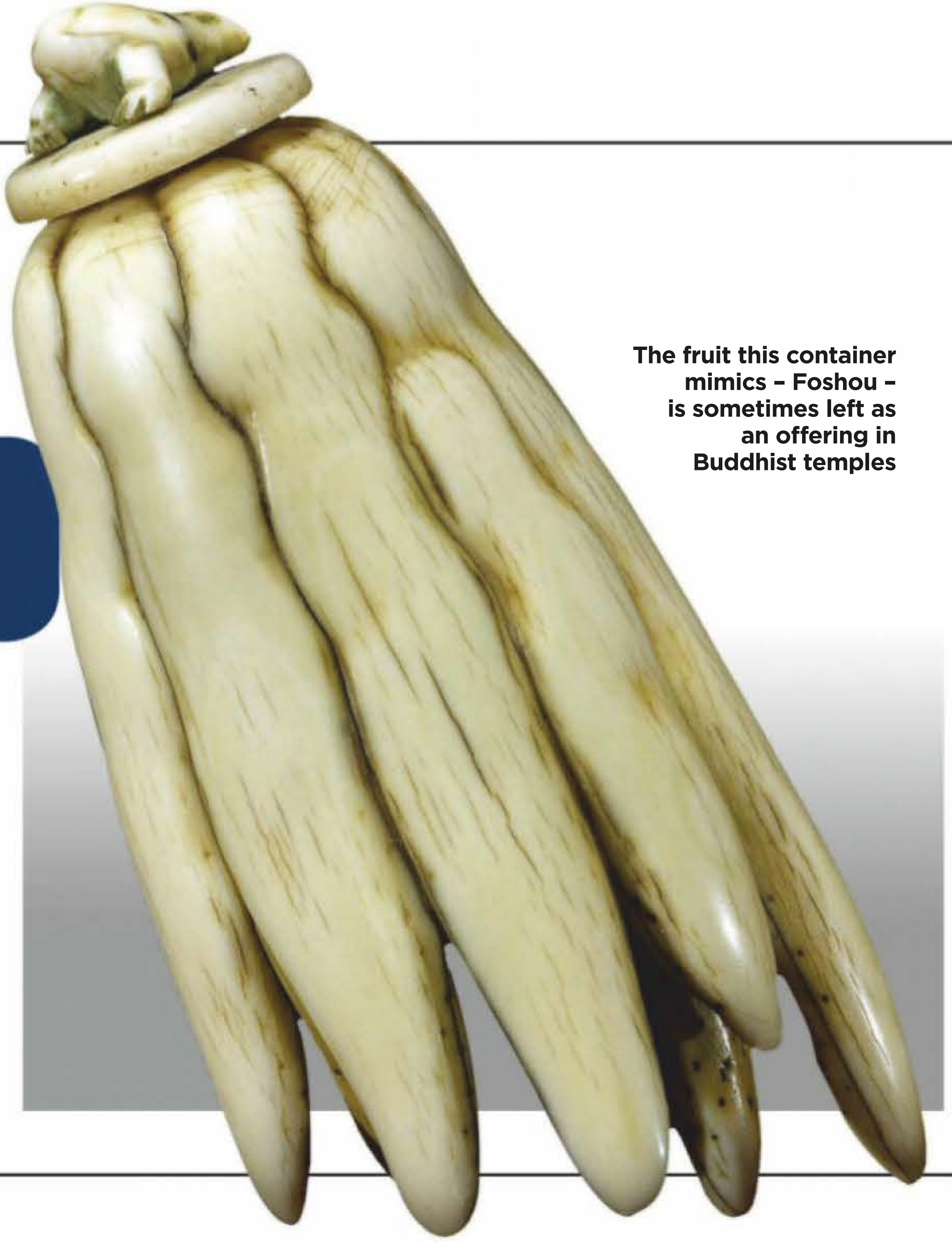
TIME PIECE

A look at everyday objects from the past

A NOSE FOR LUXURY

Enjoying snuff was often seen as a mark of high status

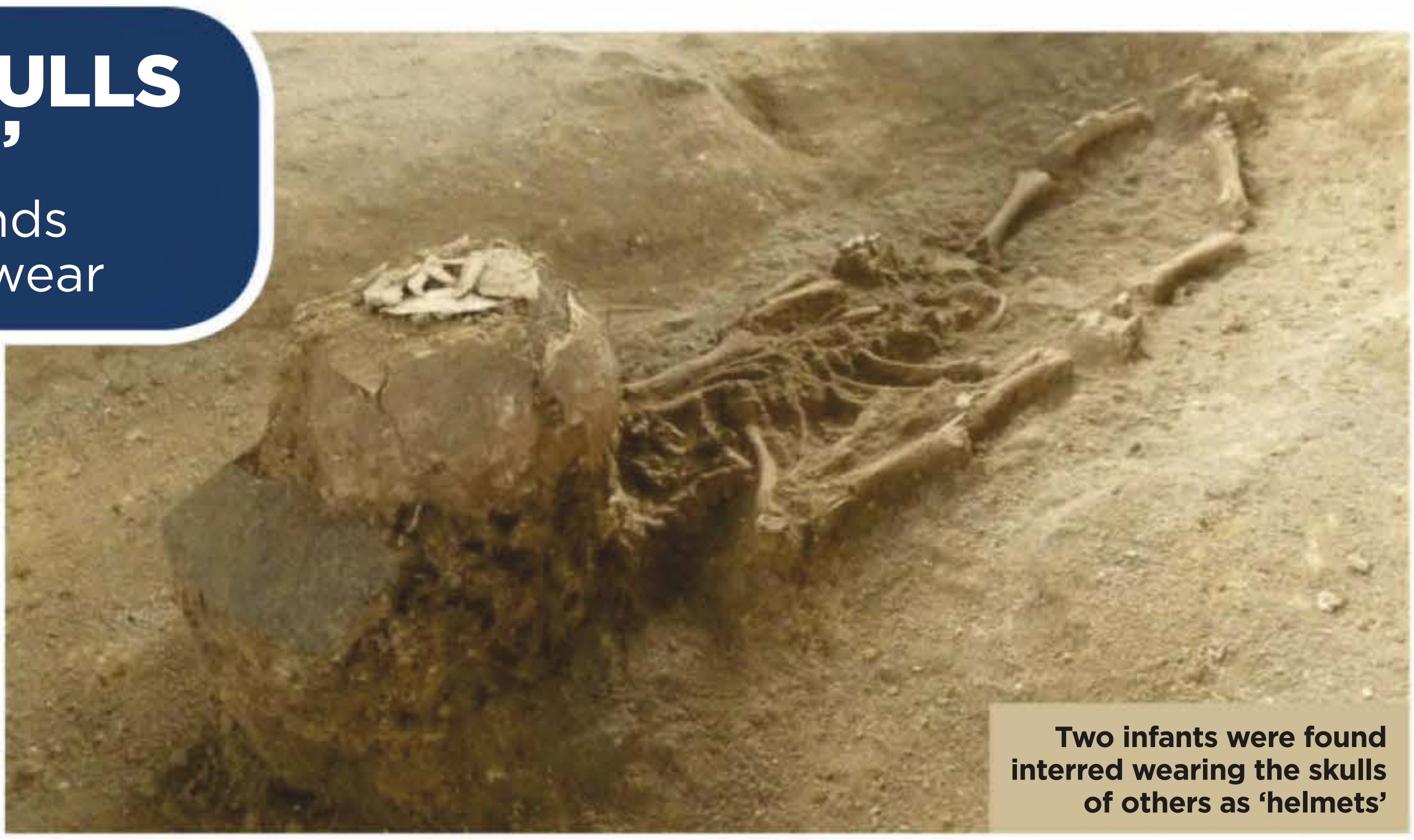
This Chinese ivory snuff bottle, dating to the end of the 19th century, has been made into the shape of the fruit known as Buddha's hand – a variety of citron called Foshou, said to resemble the hand of Buddha, as shown in statues and images. The Foshou tree has traditionally been sent as a gift during Chinese New Year. Snuff was a popular method of taking tobacco without smoking – it was finely ground and inhaled through the nostrils – and was extremely popular throughout the 18th century as a luxurious sign of refinement. It was also thought to have medical properties, but eventually fell out of fashion as other stimulants became more widespread.



The fruit this container mimics – Foshou – is sometimes left as an offering in Buddhist temples

ANCIENT CHILD SKULLS USED AS 'HELMETS'

South American burial mounds have revealed unusual headwear



Two infants were found interred wearing the skulls of others as 'helmets'

Ancient skeletons of children in Ecuador have been found wearing 'helmets' made of the skulls of other children. The find is believed to be the first evidence of ancient people using the skulls of children as headwear anywhere in the world.

Between 2014 and 2016, excavations took place at the Salango archaeological site on the Ecuadorian coast. The complex, which dates to around 100 BC, was used by a group called the Guangala as a funerary platform. Excavations uncovered the remains of 11 people, including babies and children. Two infants wearing skull helmets were the most significant finds.

Assistant professor Sara Juengst from the University of North Carolina, who led the research, ascertained that one of the children was aged just 18 months old at death and was wearing part of the skull of a child aged between four and 12. The skull was placed around the head like a helmet, but the face could still be seen. A small shell and a child's finger bone were also found between the 'helmet' and the head.

The other infant was aged between six and nine months and was found to be wearing skull fragments from a child aged between two and 12. Speaking to *Forbes*, Juengst commented: "We're still pretty shocked by the find. Not only is it unprecedented, there are still so many questions."

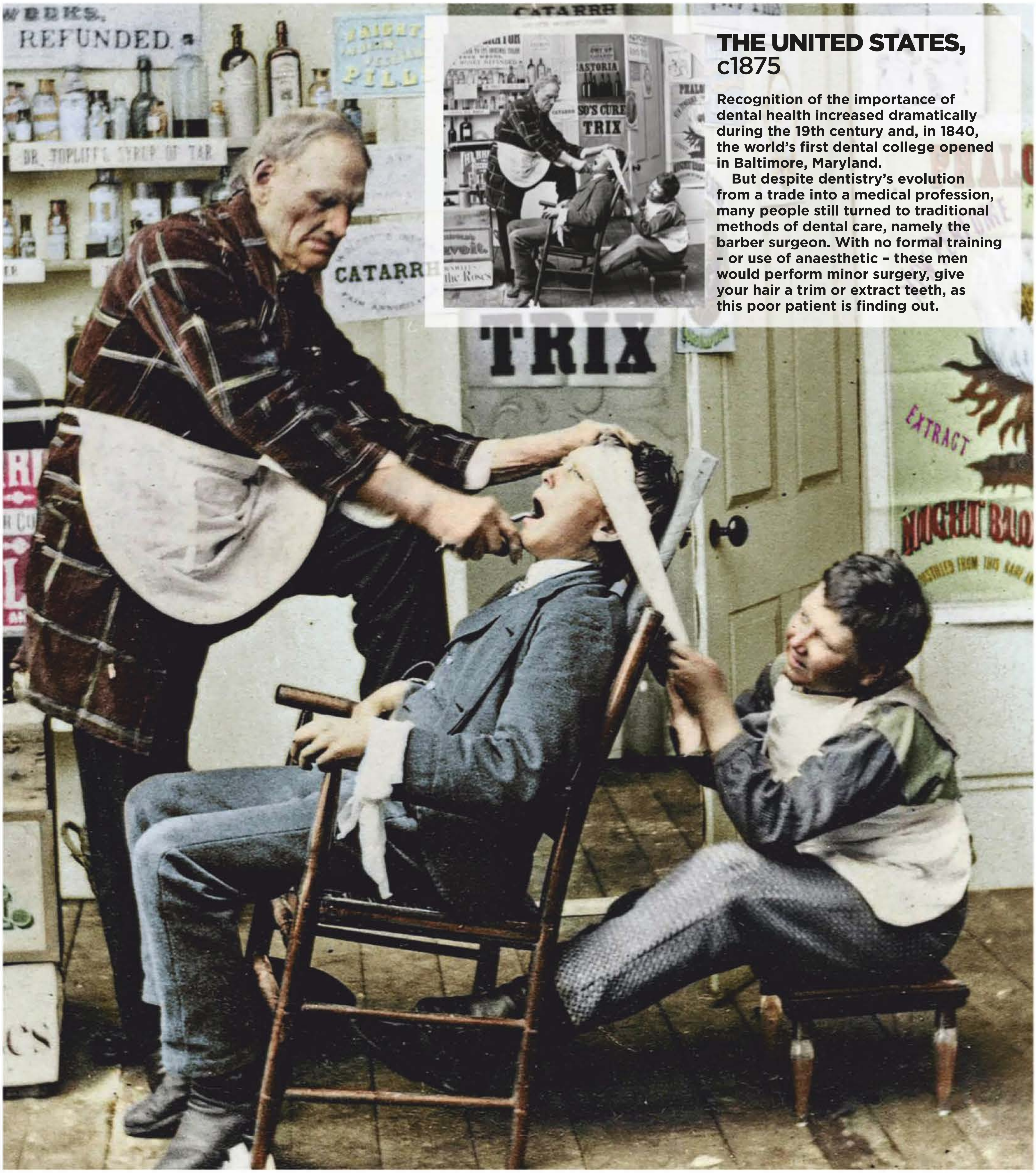
It is currently unknown why some children were buried with 'skull helmets' and others were not, and what the purpose of the helmets were in death. The study claims that in South America, children were given special treatment in death and that detached heads were believed to be "symbolically important".

The area surrounding the burials had been covered by volcanic ash; one suggestion is that the helmets may have formed part of a ritual to protect the infants' souls and guard against future eruptions.

HISTORY IN COLOUR

Colourised photographs that bring the past to life

See more colourised pictures by Marina Amaral @marinamaral2


REFUNDED
DR. TOPLIFF'S SYRUP OF TAR
PILL
CATARRH
ASTORIA
SO'S CURE
TRIX
EXTRACT
NIGHT BLOOM

THE UNITED STATES, c1875

Recognition of the importance of dental health increased dramatically during the 19th century and, in 1840, the world's first dental college opened in Baltimore, Maryland.

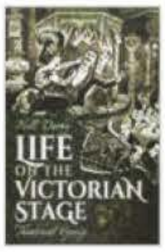
But despite dentistry's evolution from a trade into a medical profession, many people still turned to traditional methods of dental care, namely the barber surgeon. With no formal training – or use of anaesthetic – these men would perform minor surgery, give your hair a trim or extract teeth, as this poor patient is finding out.

F.G. WELLER/LIBRARY OF CONGRESS/GETTY IMAGES

YOUR HISTORY

Nell Darby

The historian and writer tells us why Anne is her favourite Brontë, and why she wishes we had heard the late Lee Harvey Oswald's take on the Kennedy assassination



Dr Nell Darby's books include *A History Of Women's Lives In Oxford* (Pen & Sword History, 2019) and *Life On The Victorian Stage: Theatrical Gossip* (Pen & Sword History, 2017). She blogs at *criminalhistorian.com*

Q If you could turn back the clock, which single event in history would you want to change?
I'd want Jack Ruby kept away from Lee Harvey Oswald, so reporters would have the opportunity to question him about whether he really was the lone shooter who killed John F Kennedy. The fact that Oswald never got his day in court, thanks to Ruby assassinating him in front of the press cameras, has resulted in one of the longest-running conspiracy theories in the Western world.

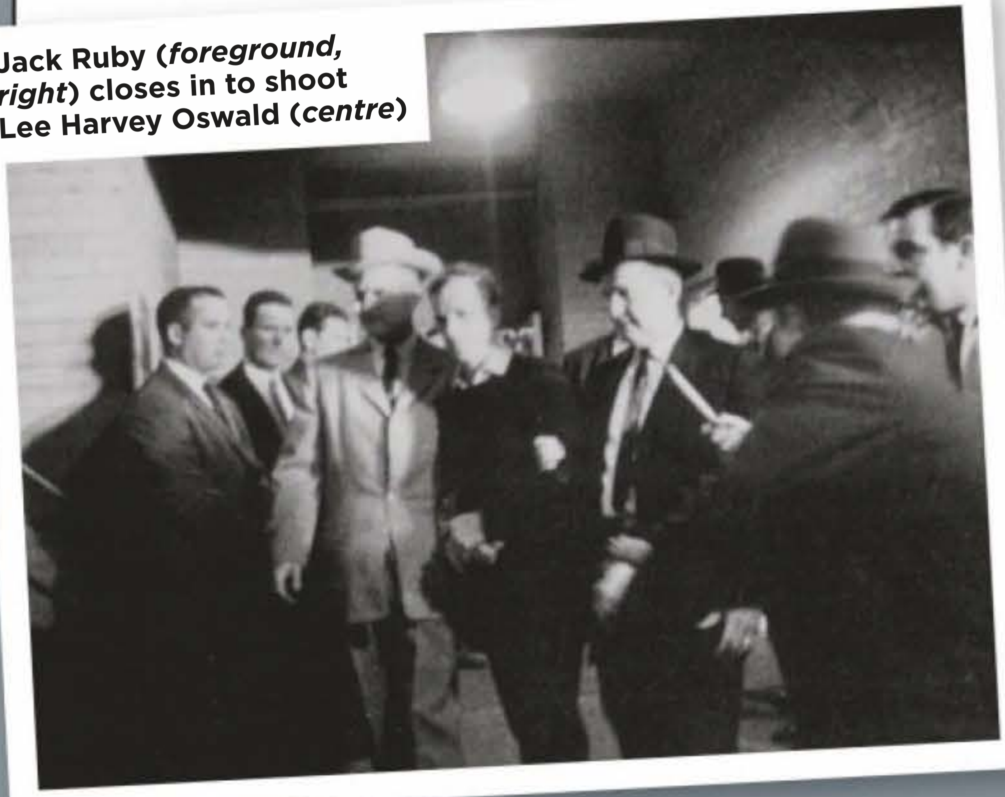
Q If you could meet any figure from history, who would it be?
Anne Brontë. I've never understood the popularity of Charlotte and Emily compared to Anne. She wrote about difficult, controversial subjects that have resonance with us today – such as domestic violence and the position of women in society (*The Tenant of Wildfell Hall*) – and I think she had quite a modern outlook. I also suspect that Anne was not, as her sister Charlotte portrayed her after her death, a meek and gentle character. I'm sure she had far more fire than that.

Q If you could visit any historical landmark in the world tomorrow, where would you go?
Ford's Theatre in Washington, DC. It's obviously significant because it was where Abraham Lincoln was shot in 1865 – the first assassination of a US president. For me, it also has resonance as I research both the history of crime and theatrical history. Here, my two interests collide: a place of entertainment became the location for a shocking crime, committed by John Wilkes Booth, an actor from a well-established theatrical family.

Q Who is your unsung history hero?
The actor Virginia Compton. She was successful and from a well-established theatrical family, but she spent a large part of her life trying to look after those less fortunate than her.

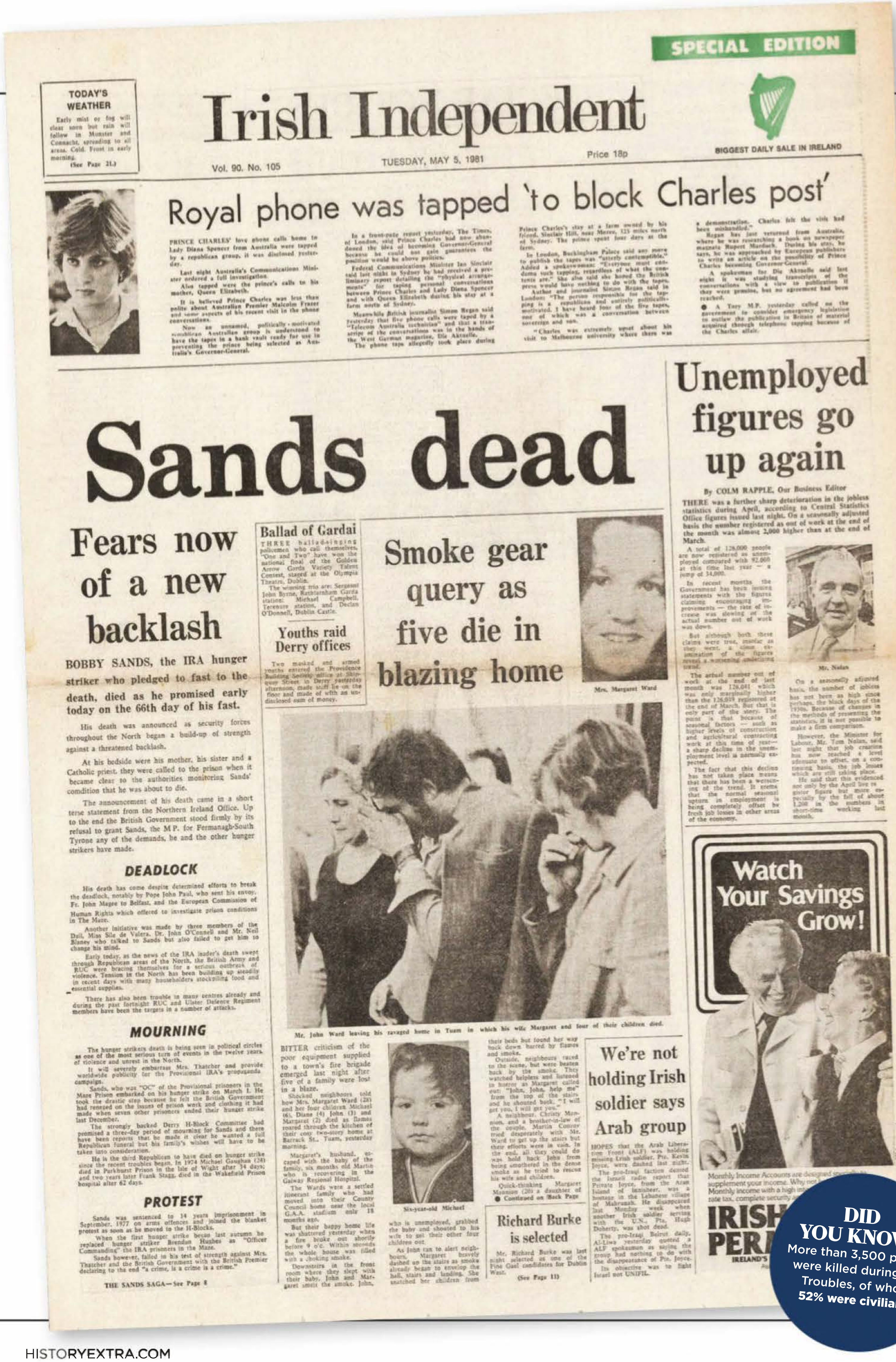
During World War I, she saw a couple of out-of-work actors busking, and was inspired to set up the Theatre Girls' Club in Soho, which offered accommodation, meals, and friendship to women working in this precarious profession. Virginia devoted the rest of her life to this cause, dying at the club in 1940.

Jack Ruby (*foreground, right*) closes in to shoot Lee Harvey Oswald (*centre*)



GETTY IMAGES

"Anne Brontë wrote about difficult subjects that have resonance with us today"



SPECIAL EDITION

TODAY'S WEATHER

Early mist or fog will clear soon but rain will follow in Munster and Connacht, spreading to all areas. Cold. Frost in early morning.

(See Page 21.)

Irish Independent

Vol. 90. No. 105
TUESDAY, MAY 5, 1981
Price 18p
BIGGEST DAILY SALE IN IRELAND

Royal phone was tapped 'to block Charles post'

PRINCE CHARLES' love phone calls home to Lady Diana Spencer from Australia were tapped by a republican group, it was disclosed yesterday.

Last night Australia's Communications Minister ordered a full investigation.

Also tapped were the prince's calls to his mother, Queen Elizabeth.

It is believed Prince Charles was less than polite about Australian Premier Malcolm Frazer and some aspects of his recent visit in the phone conversations.

Now an unnamed, politically-motivated republican Australian group is understood to have the tapes in a bank vault ready for use in preventing the prince being selected as Australia's Governor-General.

In a front-page report yesterday, The Times, of London, said Prince Charles had now abandoned the idea of becoming Governor-General because he could not gain guarantees the position would be above politics.

Federal Communications Minister Ian Sinclair said last night in Sydney he had received a preliminary report detailing the "physical arrangements" for taping personal conversations between Prince Charles and Lady Diana Spencer and with Queen Elizabeth during his stay at a farm north of Sydney.

Meanwhile British journalist Simon Regan said yesterday that five phone calls were taped by a "Telecom Australia technician" and that a transcript of the conversations was in the hands of the West German magazine, Die Aktuelle.

The phone taps allegedly took place during Prince Charles's stay at a farm owned by his friend, Sinclair Hill, near Moree, 125 miles north of Sydney. The prince spent four days at the farm.

In London, Buckingham Palace said any move to publish the tapes was "utterly contemptible." Added a spokeswoman: "Everyone must condemn such tapping, regardless of what the contents are." She also said she hoped the British press would have nothing to do with the tapes.

Author and journalist Simon Regan said in London: "The person responsible for the tapping is a republican and entirely politically motivated. I have heard four of the five tapes, one of which was a conversation between sovereign and son.

"Charles was extremely upset about his visit to Melbourne university where there was a demonstration. Charles felt the visit had been mishandled."

Regan has just returned from Australia, where he was researching a book on newspaper magnate Rupert Murdoch. During his stay, he says, he was approached by European publishers to write an article on the possibility of Prince Charles becoming Governor-General.

A spokesman for Die Aktuelle said last night it was studying transcripts of the conversations with a view to publication if they were genuine, but no agreement had been reached.

● A Tory M.P. yesterday called on the government to consider emergency legislation to outlaw the publication in Britain of material acquired through telephone tapping because of the Charles affair.

Sands dead

Fears now of a new backlash

BOBBY SANDS, the IRA hunger striker who pledged to fast to the death, died as he promised early today on the 66th day of his fast.

His death was announced as security forces throughout the North began a build-up of strength against a threatened backlash.

At his bedside were his mother, his sister and a Catholic priest, they were called to the prison when it became clear to the authorities monitoring Sands' condition that he was about to die.

The announcement of his death came in a short terse statement from the Northern Ireland Office. Up to the end the British Government stood firmly by its refusal to grant Sands, the M.P. for Fermanagh-South Tyrone any of the demands, he and the other hunger strikers have made.

DEADLOCK

His death has come despite determined efforts to break the deadlock, notably by Pope John Paul, who sent his envoy, Fr. John Magee to Belfast, and the European Commission of Human Rights which offered to investigate prison conditions in The Maze.

Another initiative was made by three members of the Dail, Miss Sile de Valera, Dr. John O'Connell and Mr. Neil Blaney who talked to Sands but also failed to get him to change his mind.

Early today, as the news of the IRA leader's death swept through Republican areas of the North, the British Army and RUC were bracing themselves for a serious outbreak of violence. Tension in the North has been building up steadily in recent days with many householders stockpiling food and essential supplies.

There has also been trouble in many centres already and during the past fortnight RUC and Ulster Defence Regiment members have been the targets in a number of attacks.

MOURNING

The hunger strikers death is being seen in political circles as one of the most serious turn of events in the twelve years of violence and unrest in the North.

It will severely embarrass Mrs. Thatcher and provide worldwide publicity for the Provisional IRA's propaganda campaign.

Sands, who was "OC" of the Provisional prisoners in the Maze Prison embarked on his hunger strike on March 1. He took the drastic step because he felt the British Government had reneged on the issues of prison work and clothing it had made when seven other prisoners ended their hunger strike last December.

The strongly backed Derry H-Block Committee had promised a three-day period of mourning for Sands and there have been reports that he made it clear he wanted a full Republican funeral but his family's wishes will have to be taken into consideration.

He is the third Republican to have died on hunger strike since the recent troubles began. In 1974 Michael Gaughan (24) died in Parkhurst Prison in the Isle of Wight after 34 days; and two years later Frank Stagg, died in the Wakefield Prison hospital after 62 days.

PROTEST

Sands was sentenced to 14 years imprisonment in September, 1977 on arms offences and joined the blanket protest as soon as he moved to the H-Blocks.

When the first hunger strike began last autumn he replaced hunger striker Brendan Hughes as "Officer Commanding" the IRA prisoners in the Maze.

Sands however, failed in his test of strength against Mrs. Thatcher and the British Government with the British Premier declaring to the end "a crime, is a crime is a crime."

THE SANDS SAGA—See Page 8

Ballad of Gardai

THREE ballad-singing policemen who call themselves "One and Two" have won the national final of the Golden Arrow Garda Variety Talent Contest, staged at the Olympia Theatre, Dublin.

The winning trio are: Sergeant John Byrne, Rathfarnham Garda station; Michael Campbell, Terenure station, and Declan O'Donnell, Dublin Castle.

Youths raid Derry offices

Two masked and armed youths entered the Providence Building Society office at Shipquay Street in Derry yesterday afternoon, made staff lie on the floor and made of with an undisclosed sum of money.

Smoke gear query as five die in blazing home

Mrs. Margaret Ward

Mr. John Ward leaving his ravaged home in Tuam in which his wife Margaret and four of their children died.

BITTER criticism of the poor equipment supplied to a town's fire brigade emerged last night after five of a family were lost in a blaze.

Shocked neighbours told how Mrs. Margaret Ward (28) and her four children Michael (6), Diane (4) John (3) and Margaret (2) died as flames roared through the kitchen of their cosy two-story home at Barrack St., Tuam, yesterday morning.

Margaret's husband, escaped with the baby of the family, six months old Martin who is recovering in the Galway Regional Hospital.

The Wards were a settled itinerant family who had moved into their County Council home near the local G.A.A. stadium only 18 months ago.

But their happy home life was shattered yesterday when a fire broke out shortly before 9 o'c. Within seconds the whole house was filled with a choking smoke.

Downstairs in the front room where they slept with their baby, John and Margaret smelt the smoke. John, who is unemployed, grabbed the baby and shouted to his wife to get their other four children out.

Six-year-old Michael

As John ran to alert neighbours, Margaret bravely dashed up the stairs as smoke already began to envelop the hall, stairs and landing. She snatched her children from their beds but found her way back down barred by flames and smoke.

Outside, neighbours raced to the scene, but were beaten back by the smoke. They watched helpless and listened in horror as Margaret called out: "John, John, help me" from the top of the stairs and he shouted back, "I will get you, I will get you."

A neighbour, Christy Mannion, and a brother-in-law of the couple, Martin Conroy tried desperately with Mr. Ward to get up the stairs but their efforts were in vain. In the end, all they could do was hold back John from being smothered in the dense smoke as he tried to rescue his wife and children.

Quick-thinking Margaret Mannion (20) a daughter of

● Continued on Back Page

Richard Burke is selected

Mr. Richard Burke was last night selected as one of the Fine Gael candidates for Dublin West.

(See Page 11)

We're not holding Irish soldier says Arab group

HOPES that the Arab Liberation Front (ALF) was holding missing Irish soldier, Pte. Kevin Joyce, were dashed last night.

The pro-Iraqi faction denied the Israeli radio report that Private Joyce, from the Aran Island of Inisheer, was a hostage in the Lebanese village of Mahrunah. He disappeared last Monday week when another Irish soldier serving with the U.N., Pte. Hugh Doherty, was shot dead.

The pro-Iraqi Beirut daily, Al-Liwa yesterday quoted a ALF spokesman as saying the group had nothing to do with the disappearance of Pte. Joyce.

Its objective was to fight Israel not UNIFIL.

Unemployed figures go up again

By COLM RAPPLE, Our Business Editor

THERE was a further sharp deterioration in the jobless statistics during April, according to Central Statistics Office figures issued last night. On a seasonally adjusted basis the number registered as out of work at the end of the month was almost 2,000 higher than at the end of March.

A total of 126,000 people are now registered as unemployed compared with 92,000 at this time last year — a jump of 34,000.

In recent months the Government has been issuing statements with the figures claiming encouraging improvements — the rate of increase was slowing or the actual number out of work was down.

But although both these claims were true, insofar as they went, a close examination of the figures reveal a worsening underlying trend.

The actual number out of work at the end of last month was 126,041 which was only marginally higher than the 126,019 registered at the end of March. But that is only part of the story. The point is that because of seasonal factors — such as higher levels of construction and agricultural contracting work at this time of year — a sharp decline in the unemployment level is normally expected.

The fact that this decline has not taken place means that there has been a worsening of the trend. It seems that the normal seasonal upturn in employment is being completely offset by fresh job losses in other areas of the economy.

Mr. Nolan

On a seasonally adjusted basis, the number of jobless has not been as high since perhaps, the black days of the 1930s. Because of changes in the methods of presenting the statistics, it is not possible to make a firm comparison.

However, the Minister for Labour, Mr. Tom Nolan, said last night that job creation has now reached a level adequate to offset, on a continuing basis, the job losses which are still taking place.

He said that this evidenced not only by the April live register figure but more especially by the fall of about 1,200 in the numbers in short-time working last month.

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Monthly income with a high in
rate tax, complete security a

IRISH
PER
IRELAND'S

DID YOU KNOW?
More than 3,500 people were killed during the Troubles, of whom **52% were civilians.**

ALAMY X1

YESTERDAY'S PAPERS

Another timeless front page from the archives

HUNGER STRIKER BOBBY SANDS DIES

A divisive figure in Irish history, the IRA member refused food for 66 days during his protest for special political status

THE TROUBLES IN CONTEXT

During the late 1960s, a breakdown in order across Northern Ireland saw British troops deployed into the province. The Troubles had begun. Relations between Protestants and Catholics had turned into protests and violence. Hostility towards British forces, initially seen as mediators, soon became apparent. Following a Sinn Féin conference in 1969, the Irish Republican Army (IRA) divided into 'Official' and 'Provisional' wings. In 1970, the 'Provos' began an armed campaign to remove Northern Ireland from British control, and ultimately to create a united Ireland. Over the next decade, atrocities were committed on both sides.

On 5 May 1981, IRA hunger striker Bobby Sands died at the age of 27 after starving himself for 66 days. Sentenced to 14 years in prison, Sands had participated in a five-year-long protest that demanded political status for IRA prisoners.

Born in 1954 in Northern Ireland, Sands joined the Provisional Irish Republican Army in 1972 after a string of attacks on him and his Catholic family by unionist paramilitaries and Protestant gangs – the majority of Catholics had been driven out of Sands' hometown of Rathcoole by 1973.

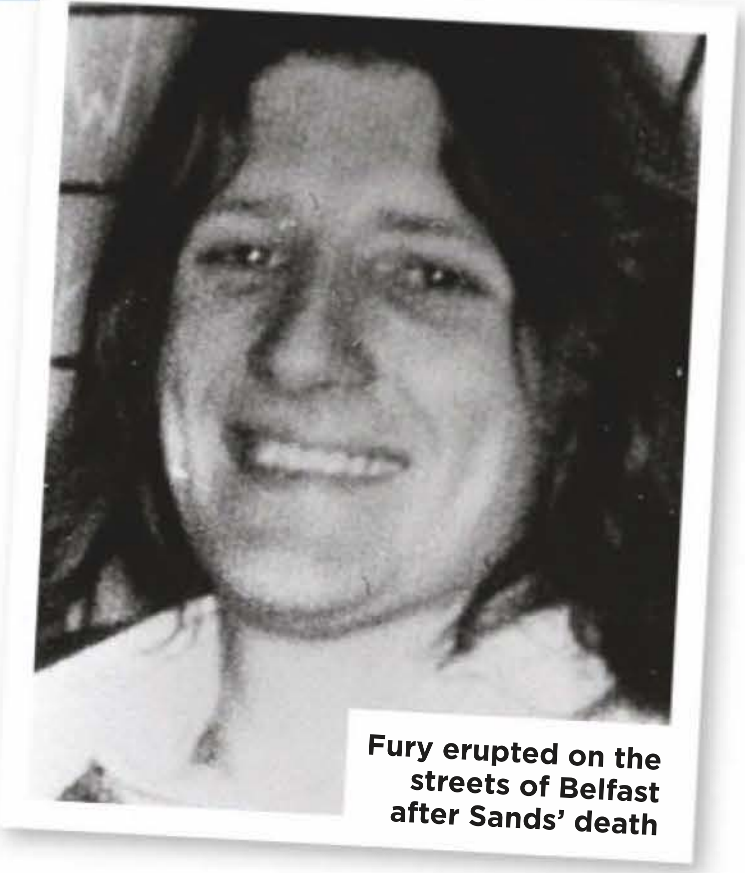
In 1977, Sands was sentenced to 14 years imprisonment – his second incarceration – for possession of firearms and was sent to Maze prison near Lisburn. There he was chosen to become the Officer Commanding for IRA members within the prison and participated in protests against the repeal of Special Category Status.

Special Category Status had been granted in 1972 by the British government to those convicted of Troubles-related offences. Eligible prisoners received a de facto Prisoner of War status, which allowed them extra visits, food parcels, and permitted the refusal of prison work and uniform. The status was withdrawn in 1976 for those convicted after 1 March 1976, leading to riots and protests among Republican prisoners.

In October 1980, several Irish Republican prisoners began refusing food, demanding that their Special Category Status be restored. Their appeals were ignored by the British government. The strike was called off in December when it appeared the government might relent, but then the government, believing another strike wouldn't happen, reverted back to its original stance. Sands began his strike on 1 March 1981 and, 41 days later, he was elected as MP for the constituency of Fermanagh and South Tyrone, creating shock waves throughout Ireland and the British government.

Sands grew weaker, and he began going blind and deaf before lapsing into a coma on 3 May. Two days later, Sands died. His death inspired huge, divided reactions across the world, and riots and strikes broke out across Ireland. British Prime Minister Margaret Thatcher commented: "Mr Sands was a convicted criminal. He chose to take his own life. It was a choice that his organisation did not allow to many of its victims."

More than 100,000 people attended Sands' funeral, and in July, the Representation of the People Act 1981 disqualified anyone from membership of the House of Commons while they were being detained in the British Islands (defined as the UK, the Channel Islands and the Isle of Man) or the Republic of Ireland.



Fury erupted on the streets of Belfast after Sands' death

Nine more strikers from the IRA and INLA (Irish National Liberation Army) died by the end of August before the strike was called off in October. Sands became a type of martyr for the Republican cause, venerated alongside hunger strikers who had died in the early 20th century. The following year, Sinn Féin, the political wing of the Provisional IRA, contested local elections for the first time, using an abstentionist policy – refusing to take their seats due to not recognising the UK parliament's right to legislate for Ireland. A peace agreement between the British and Irish governments, and most of the political parties in Northern Ireland, was finally reached in 1998. ⊙

Spotlight on the Troubles: A Secret History on BBC iPlayer *www.bbc.co.uk/programmes/m0008yrj*

THIS MONTH IN... **1920**

Anniversaries that have made history

BOOZE IS BANNED IN THE US

Saloons closed their doors and social reformers breathed a sigh of relief as prohibition came into force

On 17 January 1920, it became a crime across the United States to make, transport or sell alcohol. The 18th amendment to the Constitution – establishing the prohibition of "intoxicating liquors" in the country – came into effect. Henceforth, the supping of alcohol, if not quite banned, was heavily regulated.

Prohibition was a response to a widely held belief, dating back to at least the mid-19th century, that excessive drinking was a growing problem. Religious and social reform groups, such as the temperance movement, saw liquor as an evil that caused poverty, family breakdown, crime and corruption. The Prohibition Party, formed in 1869, also warned of the dangers of alcohol. In 1851, Maine became the first US state to ban alcohol and others soon followed. By 1916, 26 of the then 48 states had some form of prohibition law.

When America entered World War I in 1917, US-wide prohibition was suggested as a way of conserving grain for producing food and thus aid a Europe ravaged by conflict. A limit on alcohol production was implemented in 1918, which served to penalise brewers, many of whom were of German descent.

In January 1919, the 18th amendment banning intoxicating liquor was ratified by the necessary three-quarters of states, coming into force the following year. Intoxicating liquor was defined as anything containing more than one half of one per cent alcohol by volume – medicinal, sacramental and industrial alcohol were still permitted.

But implementing prohibition was more difficult than passing it. Some states refused to enforce prohibition and police forces didn't have enough resources to monitor citizens. There was a problem with liquor smuggling across the Canadian and Mexico borders. Sales of 'sacramental wine' rose and some doctors were lenient with their alcohol prescriptions. Moreover, many Americans were determined to flout the new laws. By the end of the 1920s, there were an estimated 200,000 speakeasies (illegal drinking dens) across the US. Home brewing was another option, but this could be deadly. Dubious ingredients were often added to homemade liquor, including dead rats and creosote. Cocktails saw a resurgence in popularity because juices and mixers masked the unpleasant taste of bootlegged spirits.

Nevertheless, alcohol consumption did drop during prohibition, and liver disease too. Against this, many people died from drinking unsafe home brews. Prohibition also offered an opportunity to gangsters such as Al Capone. The Chicago Outfit leader built up a business based on the making and transporting of alcohol, among other dubious ventures, and is said to have made $60 million annually from bootlegging and speakeasies.

By the end of the 1920s, support for prohibition had waned and, in late 1933, Congress repealed the 18th amendment. President Franklin D Roosevelt, who was elected to office in November 1932, promoted the repeal during his presidential campaign. It's even reputed that he celebrated the end of prohibition with his preferred tipple, a dirty martini. ⊙

DID YOU KNOW?

There are still many dry counties across the US, including Moore County, Tennessee, where its biggest city, Lynchburg, is the home of Jack Daniel's whisky. Commemorative bottles can be bought on the distillery site on the condition that they are consumed out of the county.

Prohibition is discussed on an episode of *50 Things That Made the Modern Economy*, available on BBC Sounds *www.bbc.co.uk/sounds/play/w3csz2wy*

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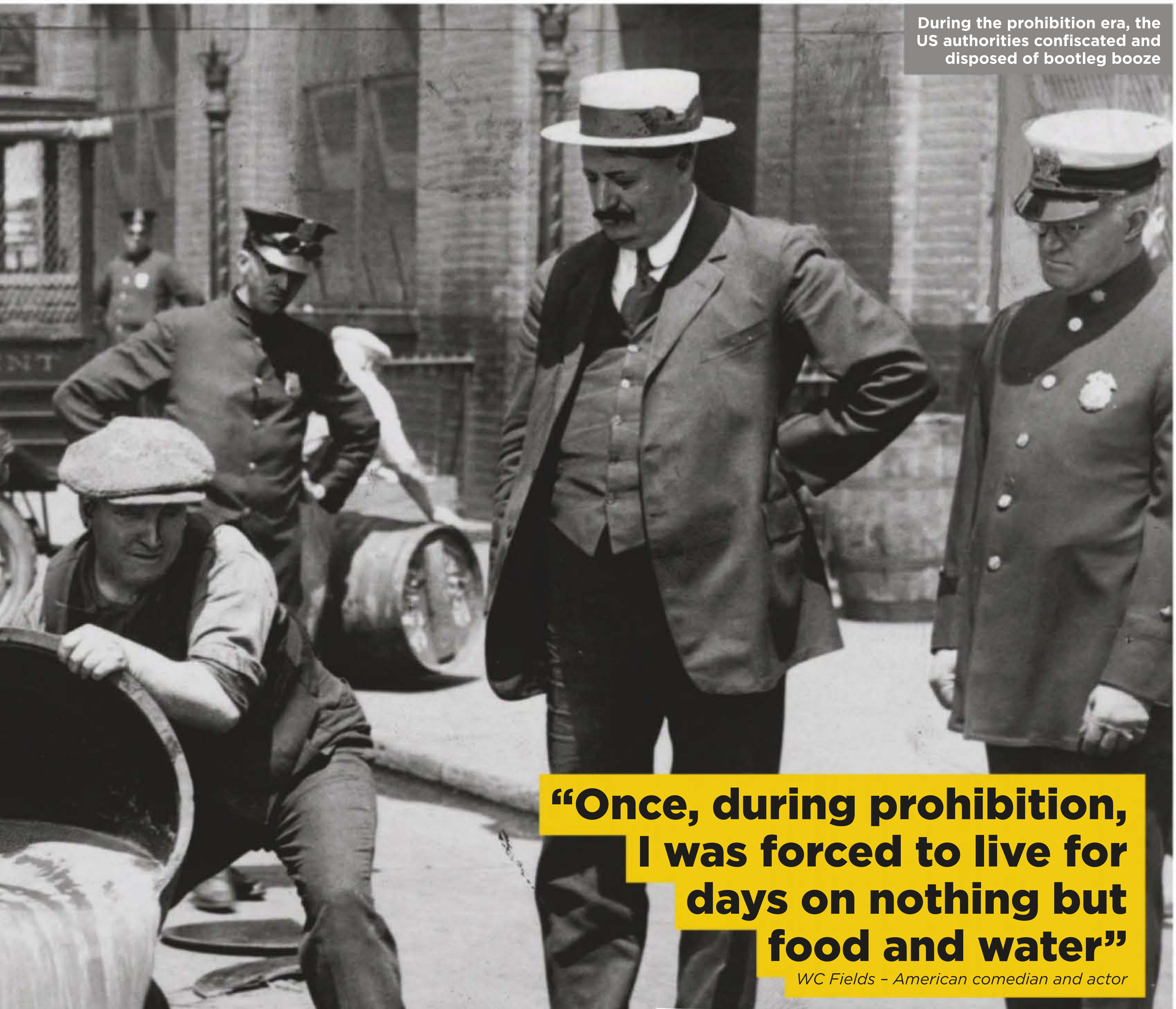


During the prohibition era, the US authorities confiscated and disposed of bootleg booze

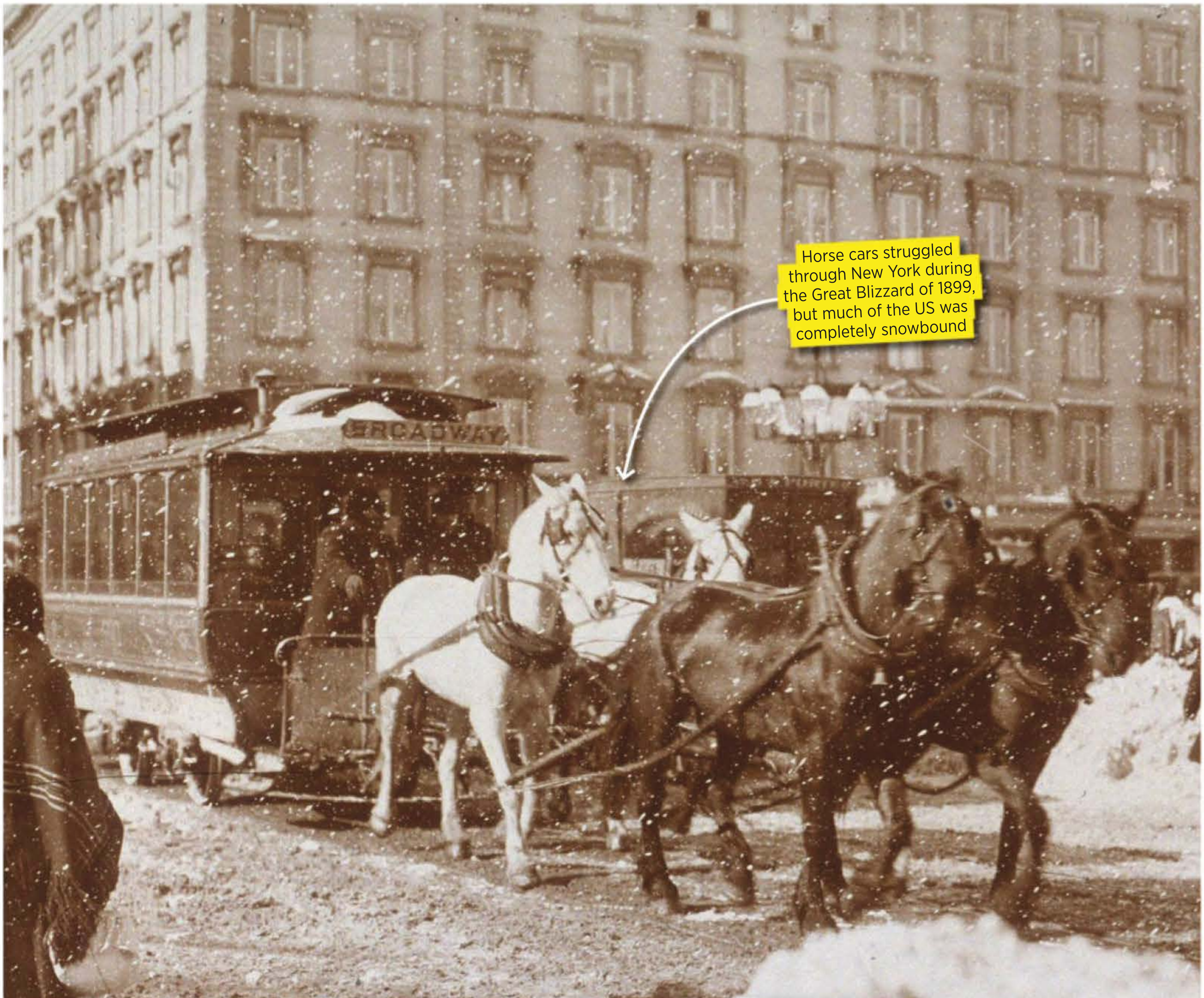
> “Once, during prohibition, I was forced to live for days on nothing but food and water”
>
> *WC Fields – American comedian and actor*

STAURANT
Chops
Cutlets
Oyster
OYSTERS
NO BOOZE SOLD HERE
BOOZE HOUNDS PLEAS
STAY OUT

In New York, a restaurant sign warns potential customers not to ask for illicit liquor, 1929

YEAR IN FOCUS 1899

Snapshots of the world from one year in the past



Horse cars struggled through New York during the Great Blizzard of 1899, but much of the US was completely snowbound

DURING
1899

THE US FREEZES OVER

It was called the Great Blizzard of 1899, an Arctic blast that saw up to 30 inches of snow blanket the ground and some of the lowest temperatures ever recorded across the US. An estimated 100 people were killed during the four-day snowstorm and wildlife suffered greatly – birds such as quails and bluebirds had to be imported to the US in the 1920s to repopulate the country, and many crops were destroyed. A temperature of -19°C was recorded in Tallahassee, Florida – the only time the state has reached sub-zero temperatures. The lowest temperature of the blizzard was recorded at Fort Logan, Montana: an icy -51.7 °C.

CLEANING THE STREETS IN A NEW YORK BLIZZARD

ALAMY X1, GETTY IMAGES X5, LIBRARY OF CONGRESS X1, SCIENCE PHOTO LIBRARY X1

FEB 25

THE CAR CLAIMS ITS FIRST VICTIM

In the late 19th century, the first automobiles rolled off the production line, transforming the world of travel forever. With the new technology, however, came new dangers. On 25 February, Edwin Sewell was taking Major James Stanley Richer for a test drive in a Daimler Wagonette in London. While travelling down a hill at between 14 and 20mph, both Sewell and Richer were thrown from the car when one of its wheels collapsed. Sewell was killed instantly, earning himself the dubious title of being the first driver of a petrol-driven vehicle to be killed in Britain. Richer died four days later in hospital, becoming the automobile's first passenger fatality.

MAR 06

THE WORLD FINDS A NEW WAY TO DEAL WITH PAIN

On 6 March 1899, a patent was granted to German pharmaceutical company Bayer for what is now one of the most common drugs found in medicine cabinets across the globe – aspirin, a drug originating from willow bark, which has been used since ancient times as a remedy for pain.

Bayer employee Felix Hoffmann is widely credited with making the drug stable and safe for medicinal use, but it is now thought that Jewish chemist Arthur Eichengrün played a major role in the development of aspirin. Eichengrün was interned in Theresienstadt concentration camp during World War II, and the Nazis suppressed the truth of his scientific contribution.

MAR 27

THE FIRST INTERNATIONAL WIRELESS MESSAGE IS SENT

On 27 March 1899, a short message was transmitted 32 miles across the English Channel, changing the world of communications forever. Italian inventor Guglielmo Marconi had become interested in science at a young age and in 1894 began experimenting with electromagnetic waves. Three years later, he moved to England and set up the Wireless Telegraph and Signal Company.

In 1899, Marconi successfully transmitted a radio signal between Dover and Wimereux in France, signing off with three 'V's for victory. Within two years, Marconi had created the first successful long-distance wireless telegraph and had broadcast the first transatlantic radio signal.

ALSO IN 1899...

MARCH
Mahina, the deadliest cyclone in Australia's history, kills more than 300 people and sees dolphins and sharks beached miles inland.

20 MARCH
American Martha M Place is the first woman executed by electric chair after she was found guilty of killing her stepdaughter.

11 APRIL
The Treaty of Paris comes into force, ending the Spanish-American war. Spain cedes Puerto Rico and Guam to the US and gives up all rights to Cuba. The US pays Spain $20 million for the Philippines as part of the treaty.

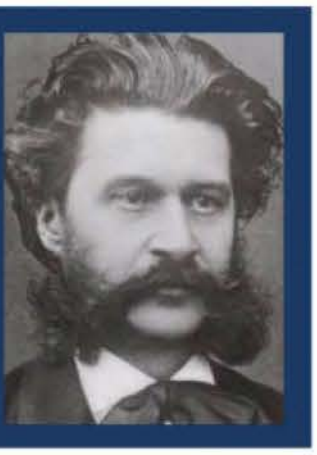
22-27 JUNE
Thirteen-year-old AEJ Collins from Clifton College, Bristol, scores 628 not out during a cricket match. It remained the highest ever recorded individual cricket score for 116 years.

11 OCTOBER
The Second Boer War breaks out between Britain and the two Boer states – the South African Republic and the Orange Free State. During the two-year conflict more than 25,000 Boer civilians died in internment camps.

DIED: 3 JUNE 1899

JOHANN STRAUSS II

'Waltz King' Johann Strauss II was the son of the Austrian romantic composer Johann Strauss I. The elder Strauss did not want his son to become a musician, so Strauss II had to learn the violin in secret. Composing more than 500 orchestral compositions, Strauss II helped popularise the waltz as a dance.



BORN: 10 MAY 1899

FRED ASTAIRE

Born Fredrick Austerlitz in Nebraska, the dance sensation began his career as one half of a vaudeville duo with his sister, Adele. The pair changed their surname to Astaire in 1917. Fred later became one of the most famous dancers in film history – much remembered for his on-screen partnership with Ginger Rogers.

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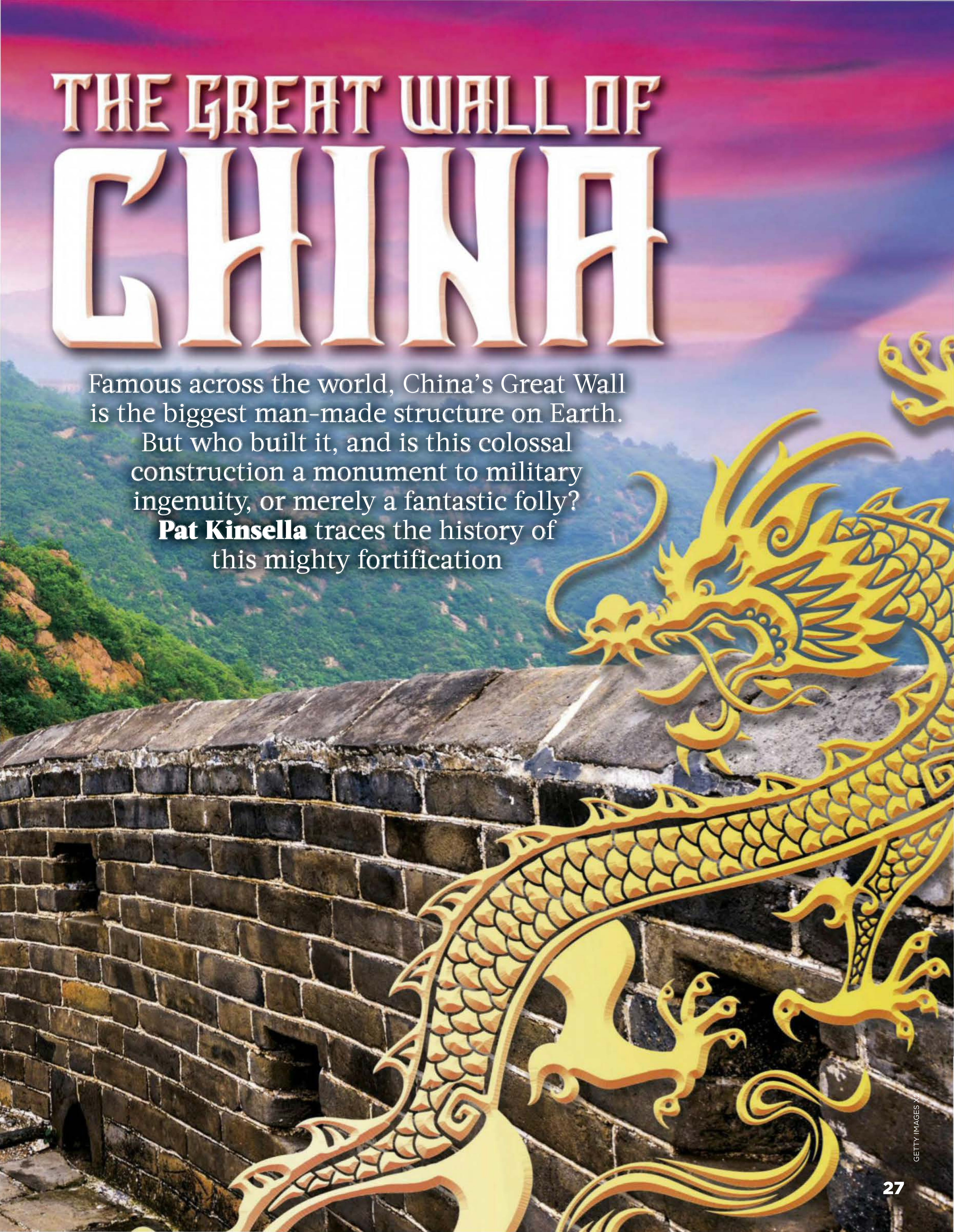
THE GREAT WALL OF CHINA

Famous across the world, China's Great Wall is the biggest man-made structure on Earth. But who built it, and is this colossal construction a monument to military ingenuity, or merely a fantastic folly? **Pat Kinsella** traces the history of this mighty fortification



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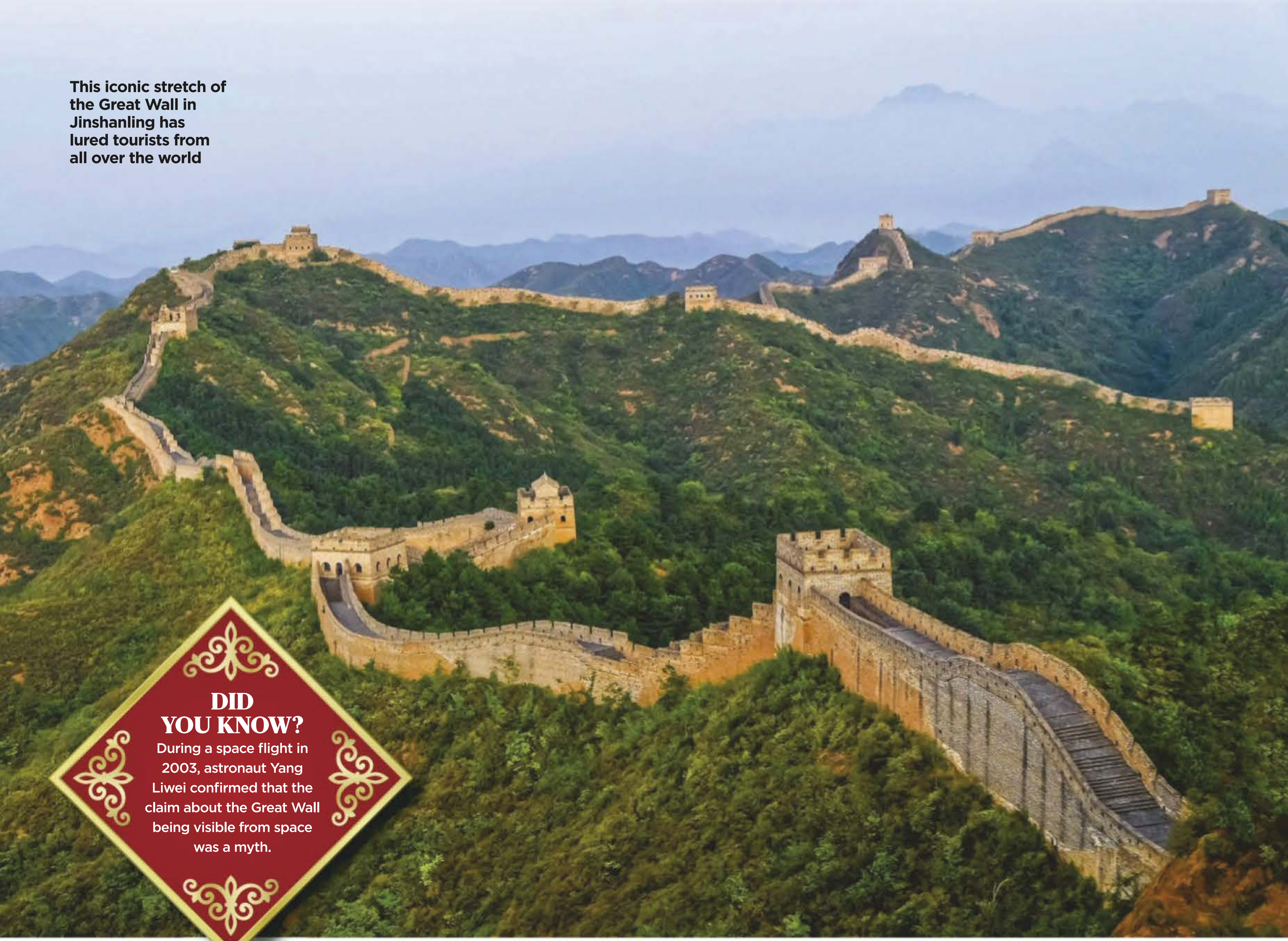


This iconic stretch of the Great Wall in Jinshanling has lured tourists from all over the world

DID YOU KNOW?

During a space flight in 2003, astronaut Yang Liwei confirmed that the claim about the Great Wall being visible from space was a myth.

Stretching from the shores of the Yellow Sea at Laolongtou in the east, curving around the top of Beijing and snaking across 5,500 miles of extreme terrain to Lop Nur, the Great Wall of China is undeniably an epic achievement of engineering and human endeavour.

Roughly tracing the southern boundary of the Mongolian steppe, traversing immense, lonely stretches of the Gobi Desert and rearing over exposed and steep sections of high savannah, the wall correctly occupies a special place in the imagination of our species as one of the wonders of the world.

But there are almost as many myths about the Great Wall as there are watchtowers along its serpentine length. It's not a single wall, and it wasn't conceived or constructed as one behemoth building project. Instead, it evolved over 2,000 years, during many different dynasties.

It isn't one continuous linear structure (there are off-shoots, spurs and sections where double layers run parallel, hence the wild variation in its claimed length) and it wasn't designed simply as a solid line of defence against the marauding Mongolian hordes. The rulers who initially ordered the barricade built had ulterior motives in mind, and to begin with, the wall was as much about preserving political control over the population on the south as it was about keeping out the violent invaders from the north.

> **"The wall defined Qin's dominion and helped keep the warlike neighbours out"**

Conditions would have been brutal for the builders, which is the one common denominator tying together countless generations of Chinese labourers from different ethnic backgrounds and eras who contributed to the construction, but there's no archaeological evidence that the wall contains the remains of dead workers, as is often claimed.

FORMING A NATION

The mental images most people conjure up when the wall is mentioned today – seeded by photos from travel shows, news clips and tourism brochures – invariably feature well-preserved fortifications built in a rollercoaster route over dramatic waves of hillside and valley. These sections exist, but they are the more modern parts, dating back five centuries, and only tell a small part of the Great Wall's story, which began over 2,400 years ago.

Large defensive 'walls' (actually great earthen banks) were being built in China as early as 700–400 BC, but these structures were not envisaged as part of a big nationwide project – not least because there was no Chinese nation then. This was an era of conflict, the Warring States Period, when seven separate kingdoms were bitterly fighting

ALAMY X1, BRIDGEMAN IMAGES X1, GETTY IMAGES X2

for supremacy over east-central China.

By 221 BC, this violent power struggle had been resolved. Under the ruthless leadership of Ying Zheng (aka Zhao Zheng), the state of Qin, from the Sichuan plains, had prevailed. The victorious monarch bestowed upon himself the title Qin Shi Huangdi (First Emperor of Qin) and began pulling the large region together into one powerful cohesive state, laying the foundations for modern-day China.

Following the era of fragmentation and ferocious fighting that preceded his ascent to power, Qin Shi Huang imposed a period of intense control, when conformity to systems of uniformity was strictly enforced. He initiated a new imperial currency, fresh systems of weights and measures, and axle lengths were standardised so wagon wheels rolled in purpose-built ruts along new roads. Myriad dialects and languages were spoken across his domain, but the emperor insisted words sharing a common meaning were written as one widely recognised character.

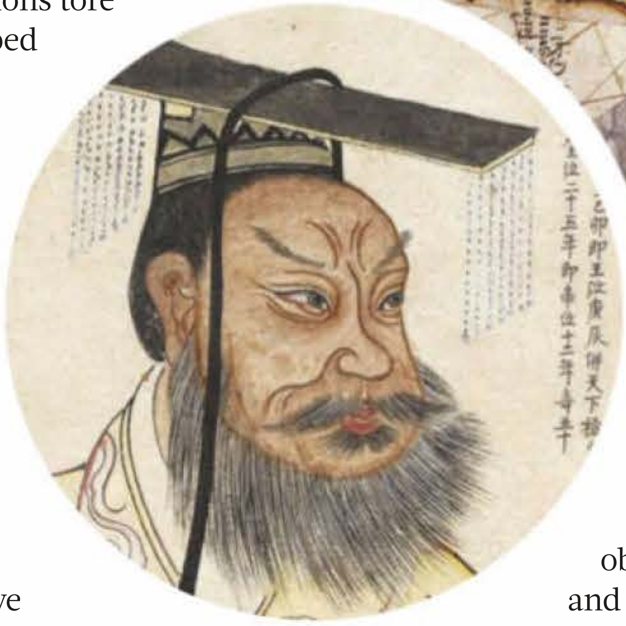
He's been portrayed as a brutal, intolerant tyrant, who massacred swathes of scholars and condemned tens of thousands of people to death by overwork and terrible conditions. Some of the worst horror stories were doubtless exaggerated by politically motivated historians in the employ of later emperors, but Qin Shi Huang would certainly have used conscripted, unpaid labourers as he initiated a series of enormous public projects, building roads, canals and – of course – walls.

Qin Shi Huang didn't create one epic wall from scratch. Instead he began by knocking down many of the defences built in preceding centuries around the various warring states, that now stood out like feuding scars on the body of the newborn nation he was trying to fuse together.

Demolishing these divisions tore down old borders and helped the emperor centralise his power base, reducing the influence of local warlords. Crucially, though, he left standing the lengths of wall running along the northern frontier, and built new sections to plug the gaps between these and the natural features in the landscape.

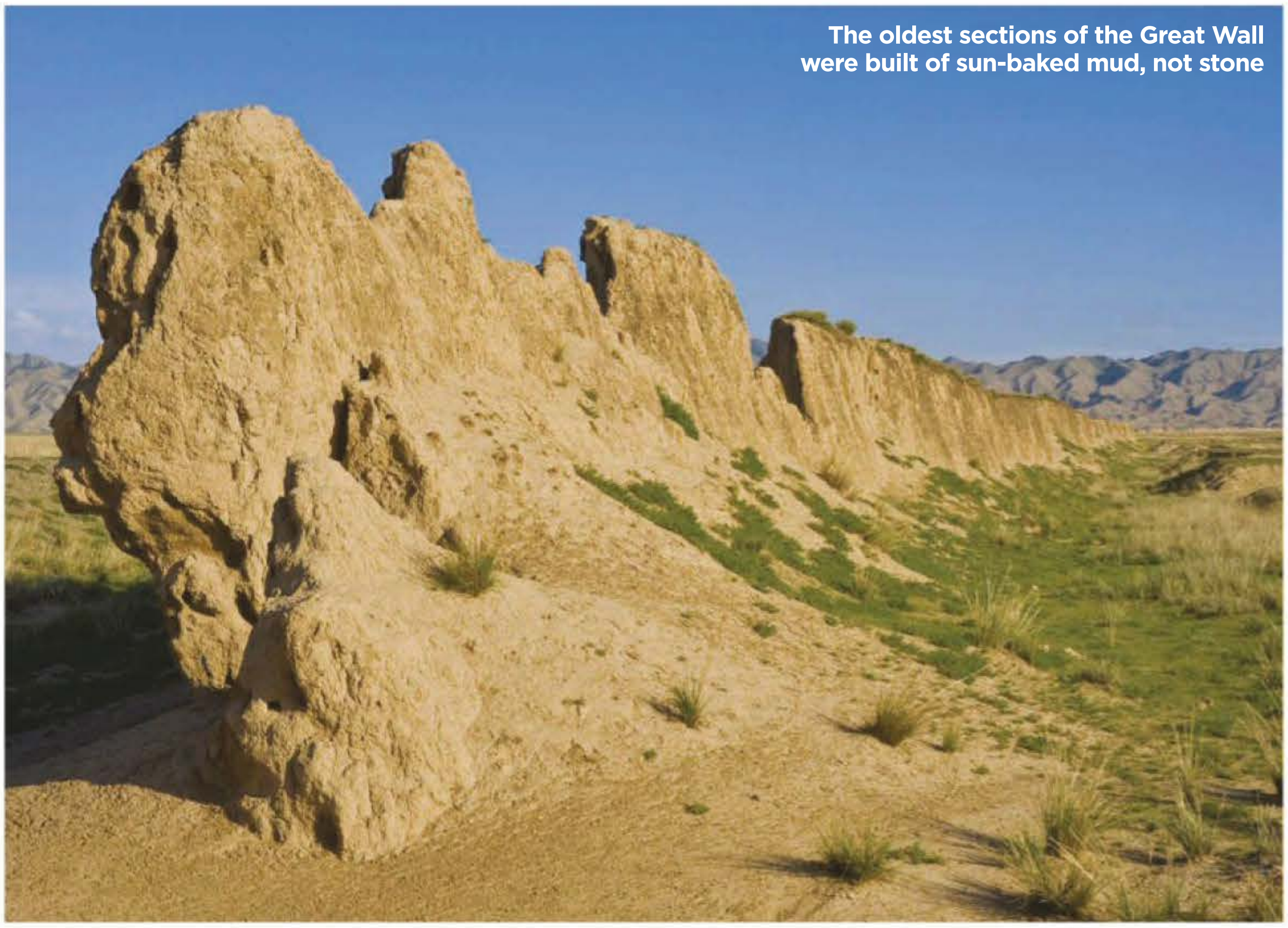
The result was a defensive structure that both defined Qin's dominion and helped keep the warlike Xiongnu neighbours to the north out. This structure also afforded travellers and merchants passing along the Silk Road some protection from bandits, earning it an international reputation.

Impressive as it was, this structure would have looked nothing like the Great Wall as it's known today. Made using sun-baked mud, it stood up to 7 metres tall in places, and was crudely effective in achieving the emperor's psychological and practical objectives – keeping his subjects busy and giving them something to defend when horse-riding raiding parties from the northern steppe came howling in, hell-bent on plunder. Today, however, all that remains of this early structure is little more than piles of dirt.



ABOVE: **Emperor Qin was a key figure in shaping the Great Wall**

TOP: **A 14th-century map depicting a caravan on the Silk Road to China**



The oldest sections of the Great Wall were built of sun-baked mud, not stone

KHAN DO

Qin Shi Huang's wall kept growing for centuries, eventually sprawling across thousands of miles of terrain. Defence mechanisms evolved, too, although the concepts were simple, such as forests of pointed wooden stakes stuck into the ground with sharpened ends angled upwards, designed to impale approaching horses.

Garrison forts capable of housing large numbers of men were constructed, and chains of beacon towers were built on the far side of the wall, sometimes venturing up to 400 miles into Xiongnu territory. Using coloured flags, lanterns and bonfires, these outposts acted as early warning centres, sending back coded signals to the troops on the wall if they spied an incoming attack.

As complex alliances, feuds and wars waxed and waned between the nomadic people of the northern steppe (of whom the Xiongnu were just one), and overall control of China passed from one dynasty to the next – the wall went through periods of being more or less effective at deflecting attacks, as emperors placed varying degrees of importance on it, and resourced and repaired it accordingly.

By the early 1200s, however, the threat came not from disparate barbarian

Continues on p32

CHINA'S GREAT WALL THROUGH HISTORY

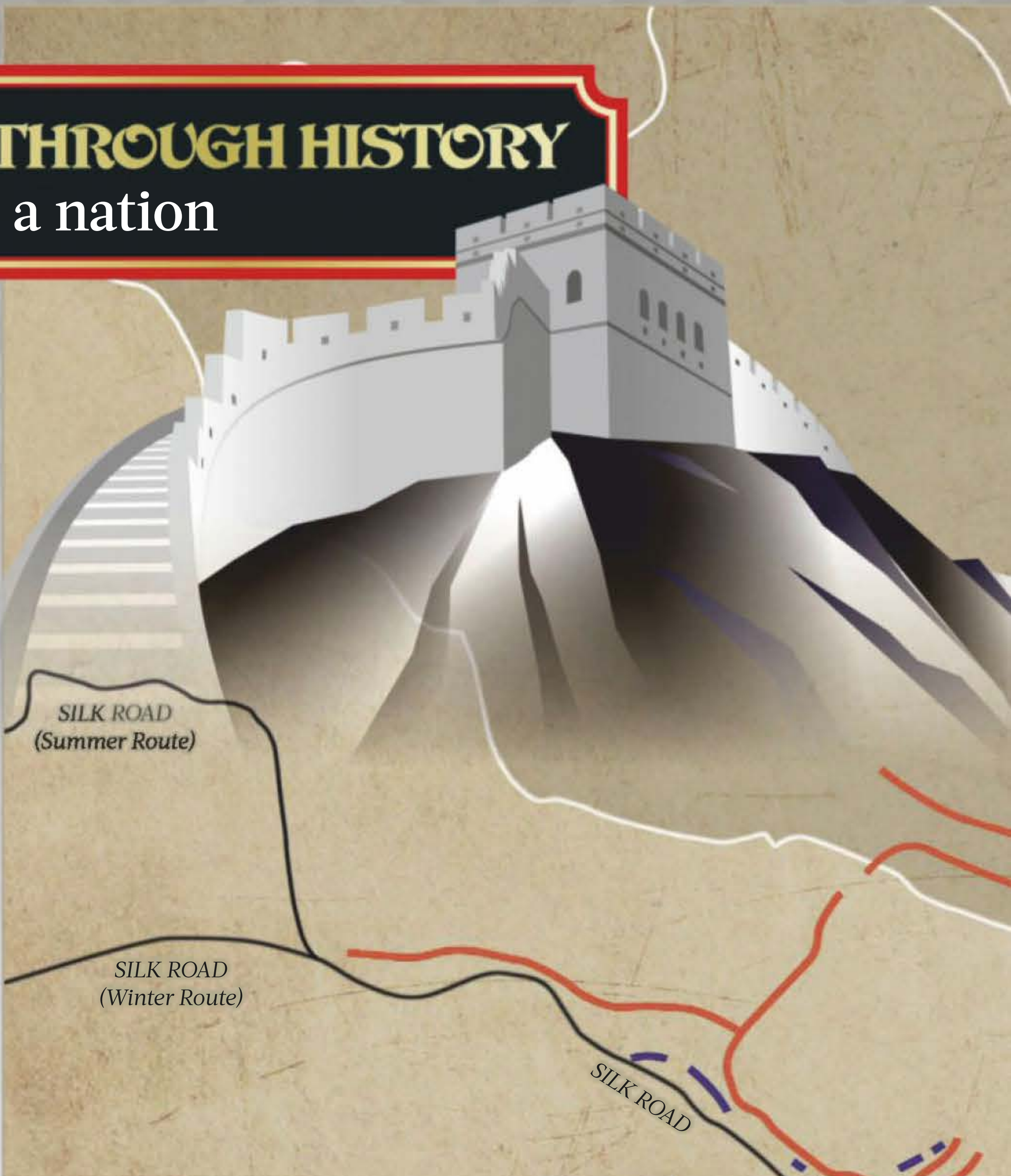
The shaping of a wall and a nation

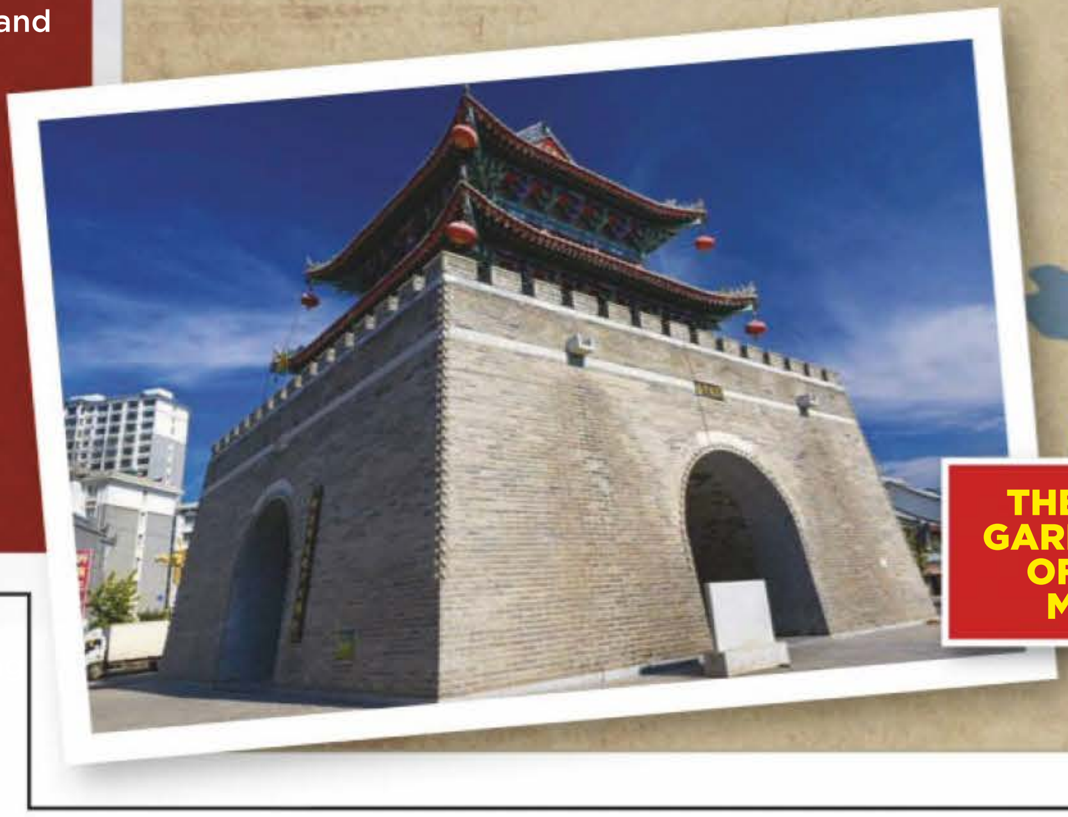
The Warring States Period

Between 475 BC and 221 BC, what is now regarded as central and eastern China was engaged in a cycle of conflict known as the Warring States period. For more than 250 years, the armies of Seven Kingdoms – the Qin, Qi, Chu, Yan, Han, Zhao and Wei – were locked in combat and forming complex alliances, with some being weakened in the process and others becoming ever stronger. Towards the end of the era, the Qin became disproportionately powerful, and the other six states focussed their combined efforts on combating them, with limited success.

In 246 BC, 13-year-old Zhao Zheng ascended the throne after the death of his father Qin King Zhuangxiang. Having watched from the wings for eight years, Zheng assumed full power in 238 BC and exhibited the qualities of a brilliant – if ruthless – military leader. Within two decades he had defeated the other six kingdoms, with Qi the last to fall in 221 BC.

The Qin absorbed all rival territories and united China as one empire, with Zheng – renamed Qin Shi Huangdi (literally First Qin Emperor) – at its head. This ambitious young leader embarked on a series of extensive public works aimed at unifying his new dominion, with wall building along the northern frontier chief among them.

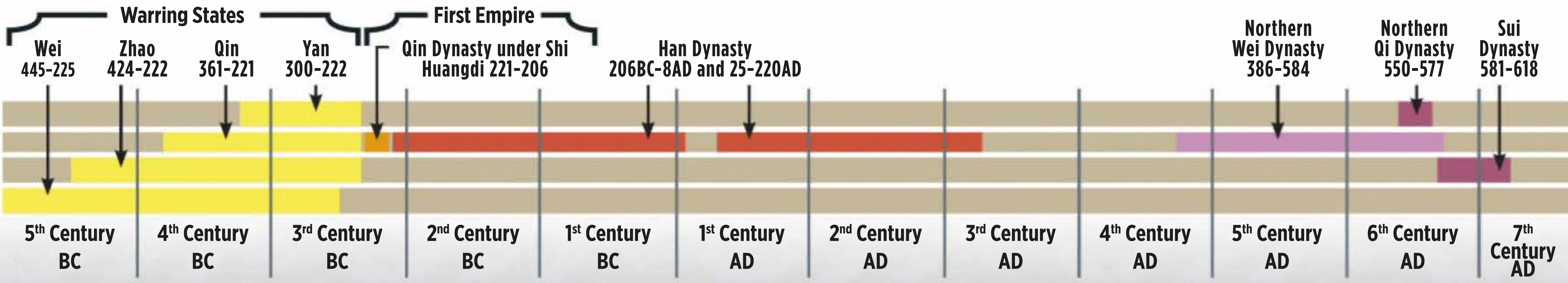




THE NINE GARRISONS OF THE MING

Great Wall Timeline

The timeline below charts the dates at which different dynasties added to the Great Wall. Plot the wall's growth by dynasty on the map above...



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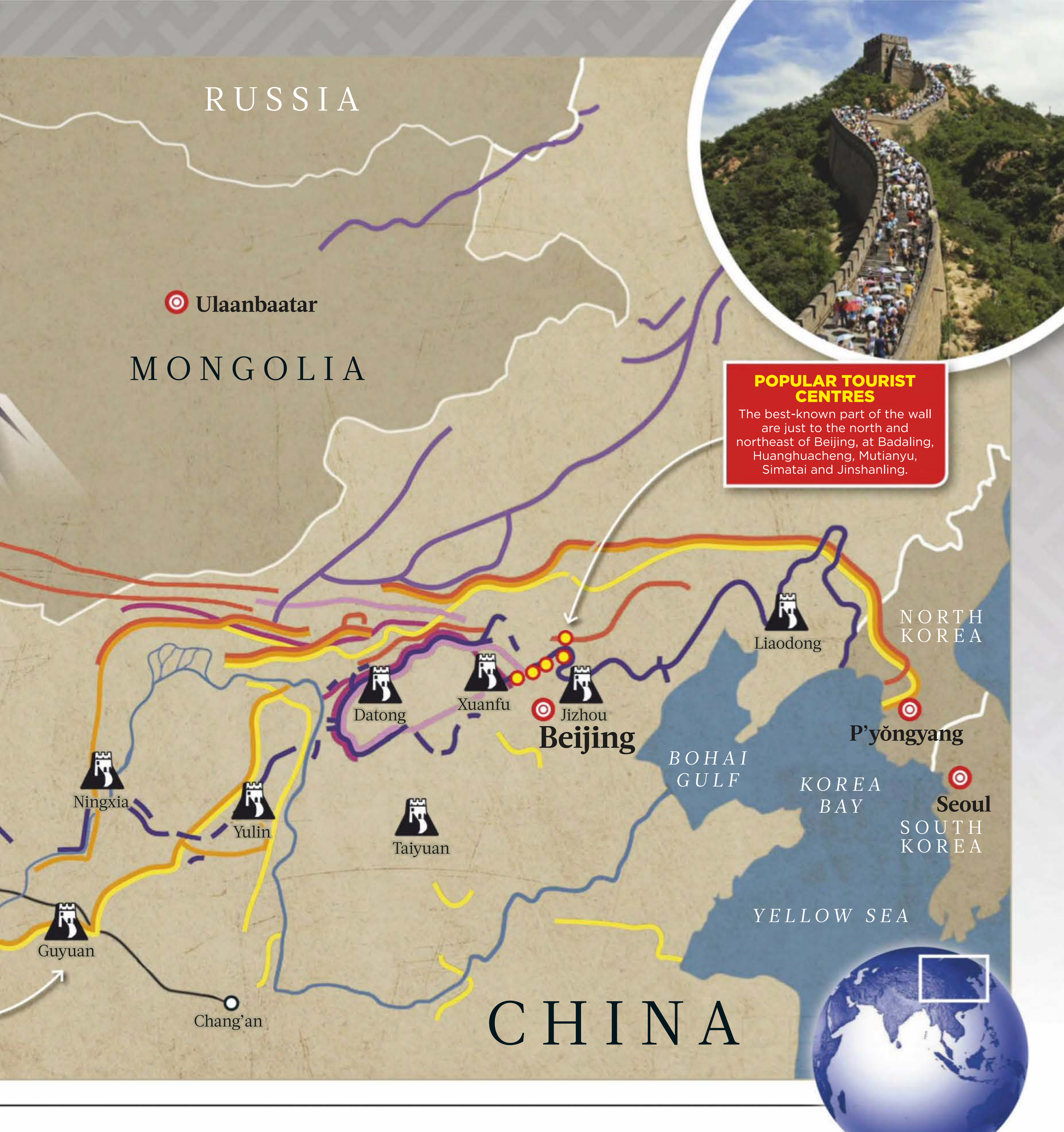
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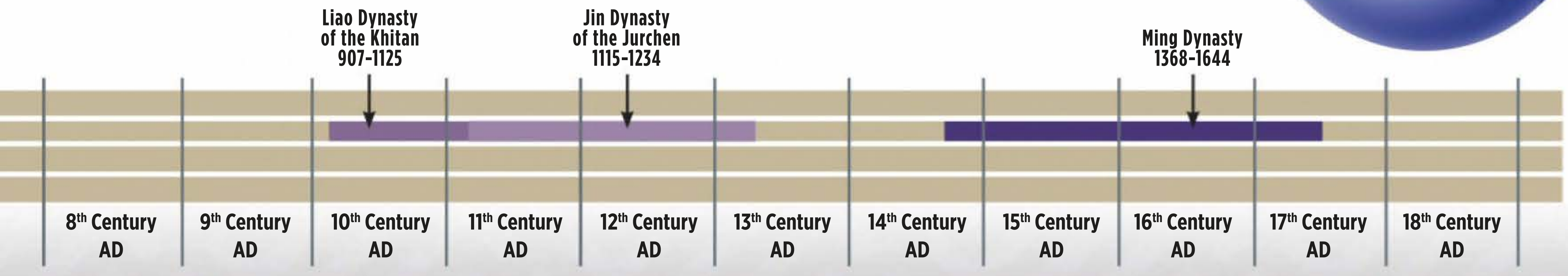
KOREA BAY
Seoul
SOUTH KOREA
Ningxia
Yulin
Taiyuan
YELLOW SEA
Guyuan
Chang'an
CHINA

POPULAR TOURIST CENTRES

The best-known part of the wall are just to the north and northeast of Beijing, at Badaling, Huanghuacheng, Mutianyu, Simatai and Jinshanling.



tribes, but from the Mongols, led by Genghis Khan, who had defeated and absorbed all of his rivals, consolidated a powerbase and constructed an army that was about to ride rampant across the continent. No mud wall would have been a match for Khan's forces, let alone one that had fallen into disrepair and was sparsely defended.

In 1209–11, Khan's army attacked on multiple fronts, either simply going around the wall or smashing straight through it. By 1223, the Mongols had conquered most of northern China, where they ruled for more than a century under the auspices of the Yuan dynasty, established by Genghis Khan's grandson, Kublai Khan.

MING MAKEOVER

In 1368, following decades of repression and bad governance, the Han Chinese – an ethnic group which traces its ancestry back to the Han Dynasty (206-220 BC) – rose up against the Yuan. Led by Zhu Yuanzhang, who fought a series of titanic battles on land and sea against other rebel factions and then the Yuan, a group known as the Ming finally pushed the Mongols back north into the Gobi Desert, and reclaimed control of China.

It was during the ensuing Ming Dynasty, which survived for almost three centuries, that the Great Wall was transformed from a crude mud barrier into an epic continent-spanning fortress built from bricks and mortar, with watch towers and sophisticated battlements at regular points along its immense length.

Zhu Yuanzhang renamed himself Hongwu, meaning 'Vastly Martial', and ruled his domain with an iron fist. Notoriously, he established a secret police force called the Jinyiwei, and is thought to have executed as many as 100,000 people in purges.

Although the threat of Mongol invasion from the north remained a concern throughout Hongwu's reign, and for the entirety of the Ming dynasty, this warrior emperor believed attack was the best form of defence, and quickly established 'outer garrisons' near the steppe, from where he could preemptively strike the Mongols.

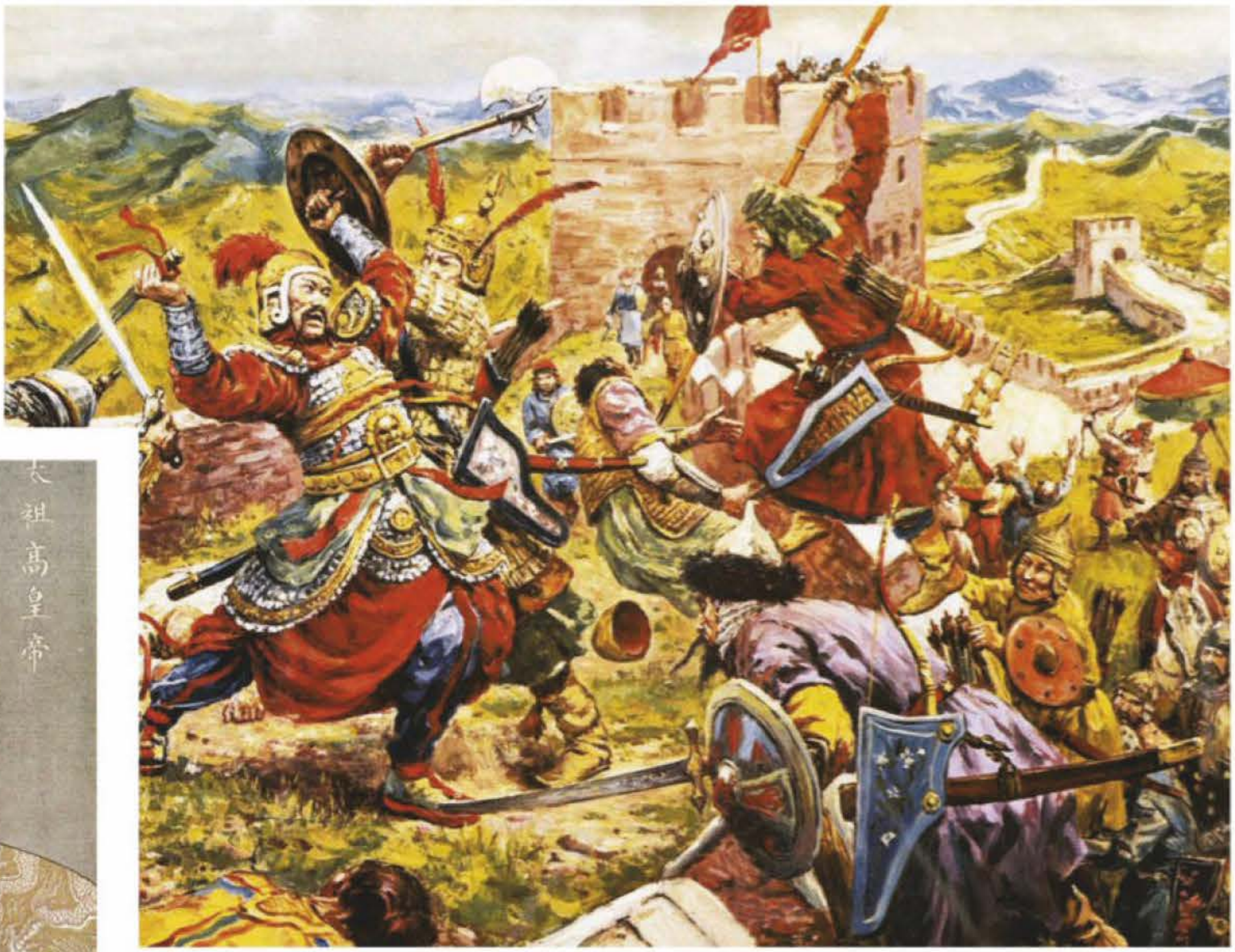
These garrisons were backed by an inner line of defensive forts, which formed the precursor to the Ming Great Wall. Over the following decades, hundreds more garrisons were established in mountain passes and strategic positions – especially around Beijing, which in 1421 became the new Ming capital (replacing the southern settlement of Nanjing as the dynasty's seat of power). Watchtowers were also built between the city and the sea.

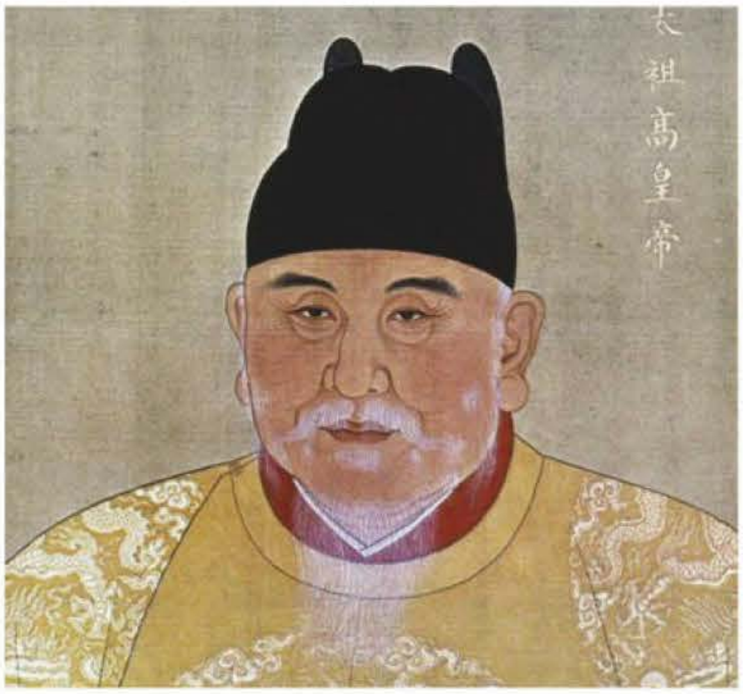
During the reign of Hongwu's son, Yongle Emperor, many outer garrisons were stood down for financial reasons, and his successors gradually abandoned the forward-facing forts altogether, retreating behind the inner line formed by the defensive wall.

> "The Great Wall was transformed from a mud barrier into an epic fortress"

The Tumu Crisis in 1449 revealed a weakness, though. More than 500,000 Ming soldiers were defeated by a much smaller Mongol army, who'd poured through Zijing Pass and captured the Zhengtong Emperor, Zhu Qizhen. The attack shattered the dynasty's reputation for strength, and forced them further onto a defensive footing – not least because more than half of their fighting men had been killed. At Zijing and other key strategic passes, such as Ningwu and Juyong, major fortifications were built, with extensive ditches and ramparts.

In 1474, the first truly 'Great Ming Wall' was constructed in the Ordos region west of Beijing. Stretching 680 miles, it was built by 40,000 labourers in a matter of months, and boasted sentry posts, beacon-fire towers and extensive defences, including sections of double-line fortifications, designed to trap attackers between them (as happened to a group of Mongol raiders in 1482). When this technique proved effective, it was expanded, and by the mid-16th century lengthy sections of double wall were being built.





ABOVE: **Mongol warriors breaking through the Great Wall**
LEFT: **Zhu Yuanzhang, also known as Hongwu, founder of the Ming Dynasty**

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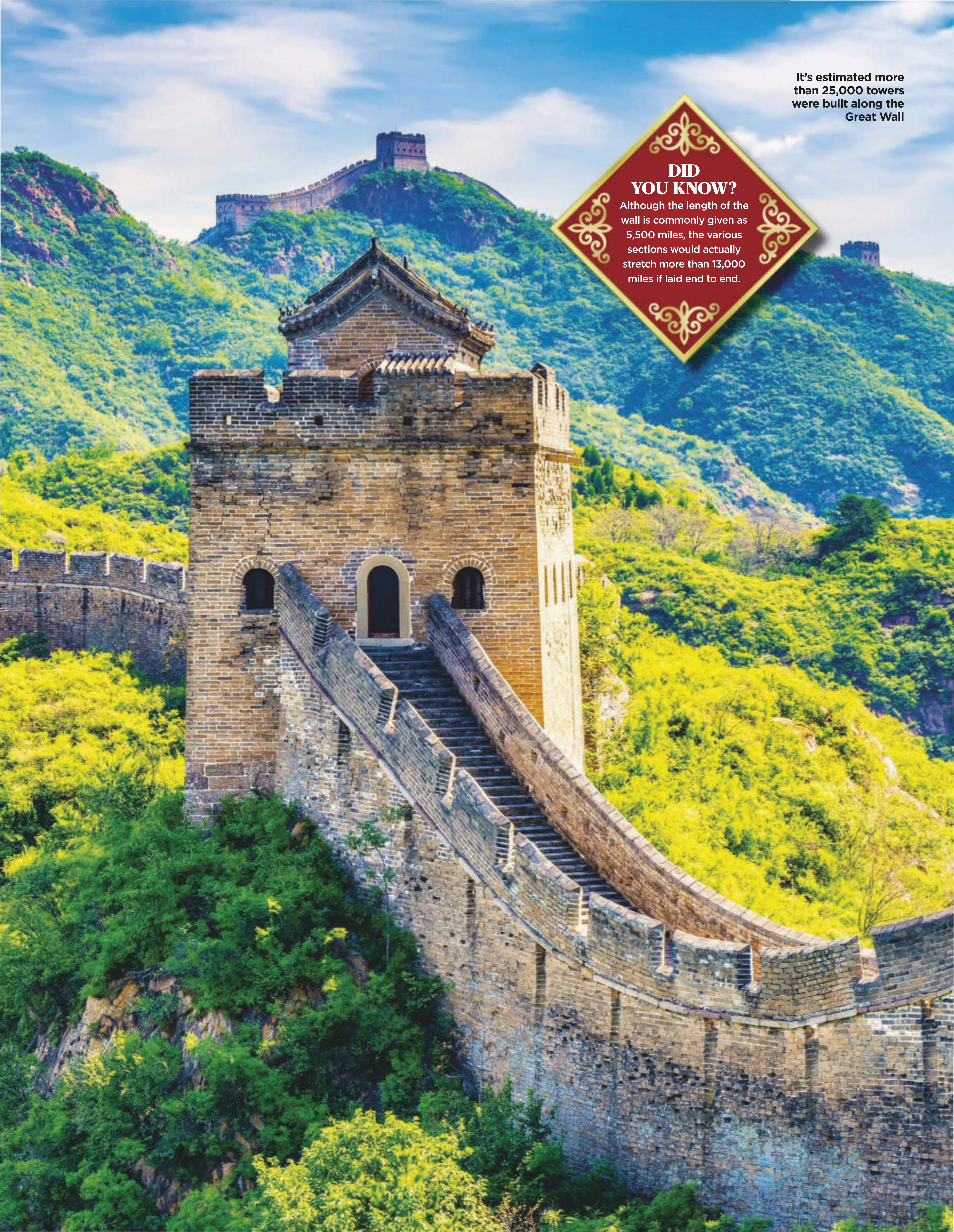


It's estimated more than 25,000 towers were built along the Great Wall

DID YOU KNOW?

Although the length of the wall is commonly given as 5,500 miles, the various sections would actually stretch more than 13,000 miles if laid end to end.

WALLS OF FAME

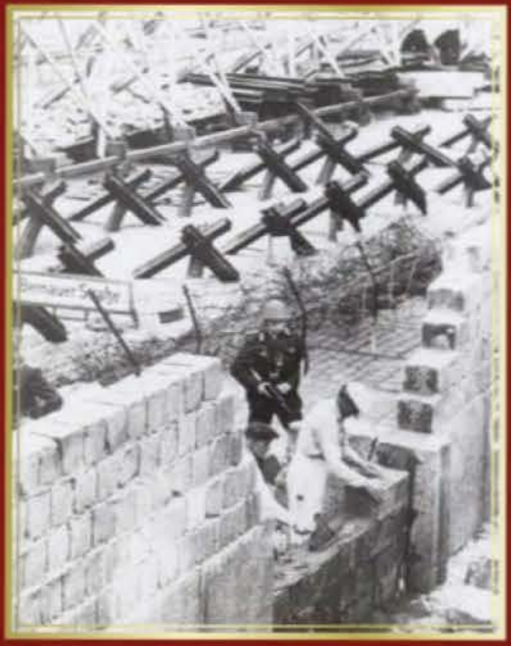
Famous fortifications around the world

HADRIAN'S WALL
ENGLAND

▶ Stretching 73 miles, coast-to-coast across northern England (close to the border with Scotland), this wall was built in six years (AD 122–28) during the reign of Emperor Hadrian, and marked the northern limit of the Roman Empire. Although commonly thought to have been a line of defence to keep Ancient Britons, including the Picts at bay, many historians believe it may have been designed more to stop cattle rustling and smuggling.

WALLS OF BABYLON
IRAQ

▼ The legendarily beautiful city of Babylon on the banks of the Euphrates River was a major metropolis in ancient Mesopotamia, which was famously protected from invading foes by richly decorated walls, reputed to be impenetrable and – according to the Ancient Greek historian Herodotus – thick enough for chariot races to be held on top of them. Sadly, the walls did not prove impervious to time, neglect and conflict.

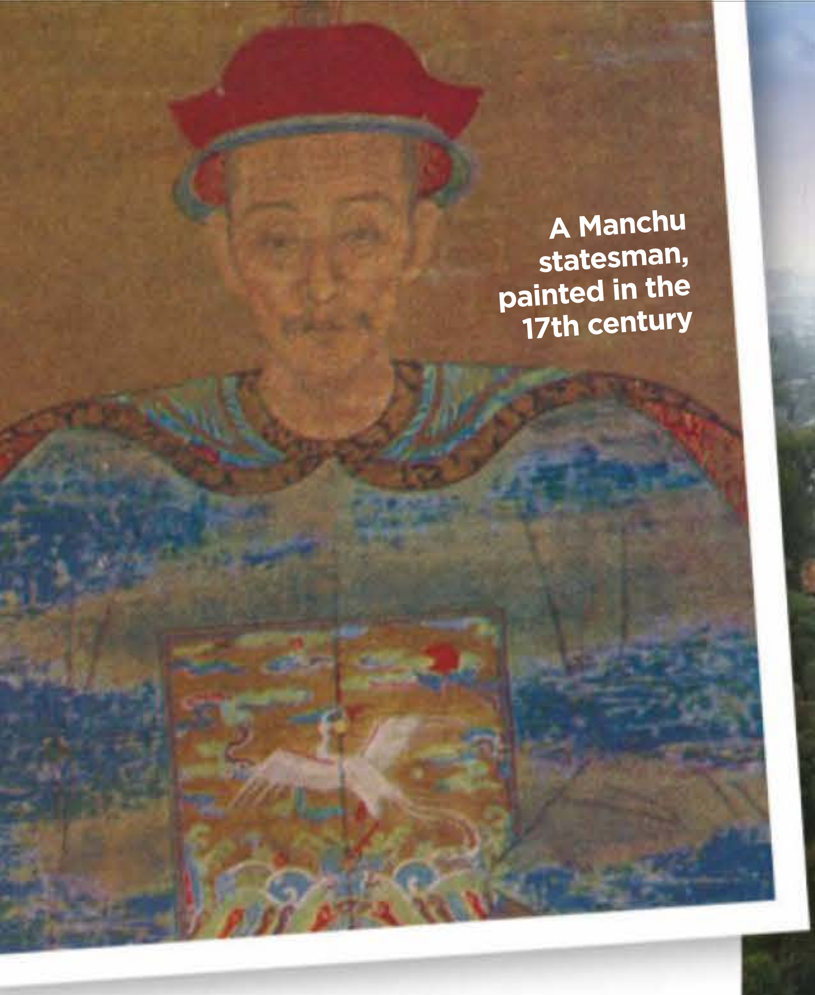


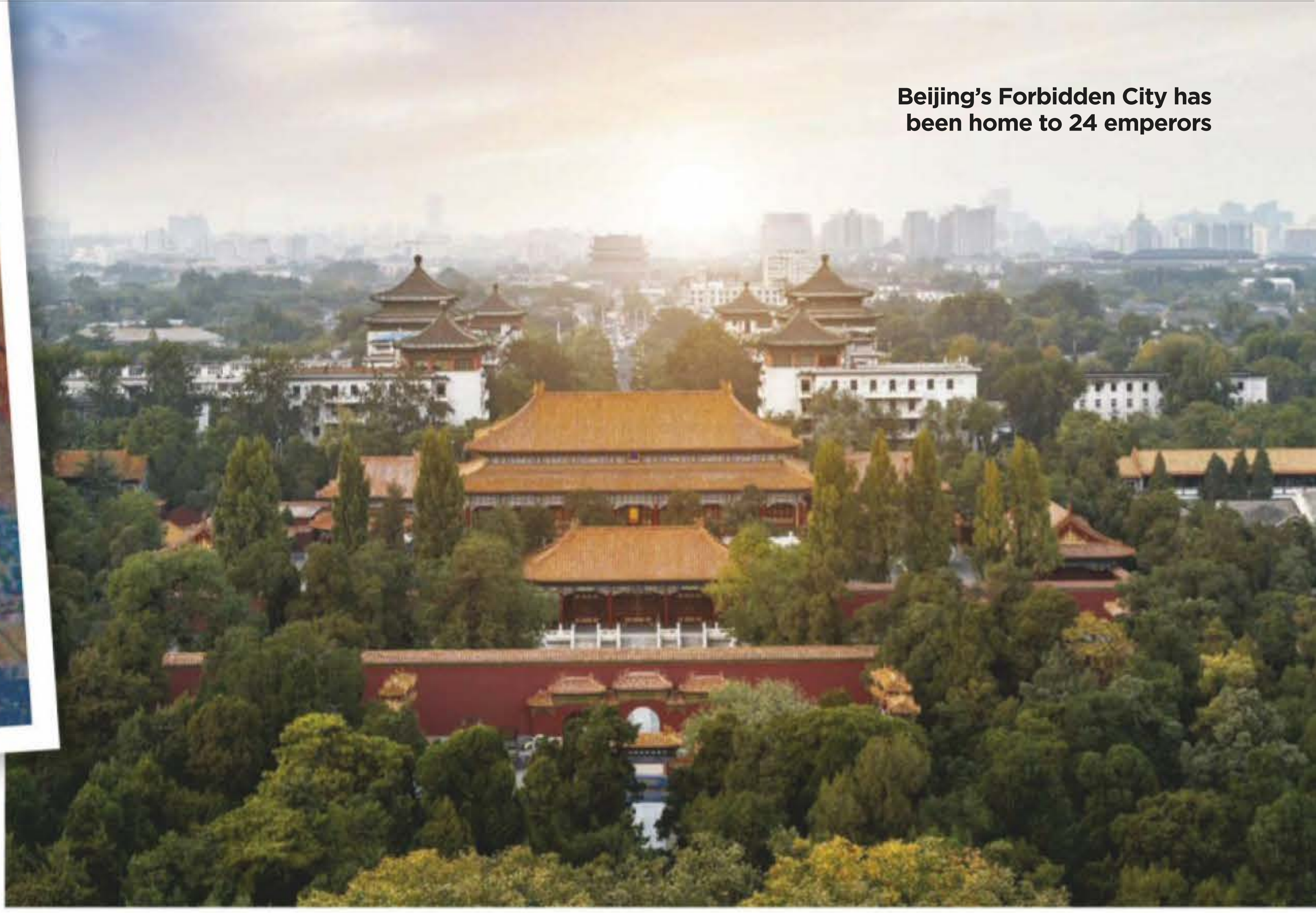
THE WALL OF JERICHO
PALESTINE

▲ Featured apocryphally in the Book of Joshua (in which it collapses when the Israelites march around the city, blowing trumpets), the Wall of Jericho did exist. Dating to c8,000 BC, the remains constitute the oldest city wall ever discovered.

THE BERLIN WALL
GERMANY

▲ A concrete barrier swiftly erected by the German Democratic Republic in 1961, the Berlin Wall physically divided the city, cutting off West Berlin from communist East Germany for 28 years, until being torn down in 1989 – an event that marked the end of the Cold War. The wall featured guard towers and was lined by an area known as the 'death strip', which contained anti-vehicle trenches. At least 140 people were killed attempting to cross the wall.


A Manchu statesman, painted in the 17th century


Beijing's Forbidden City has been home to 24 emperors

The Mongols soon wised up, however, and started launching attacks around the wall. In response, between 1544 and 1549, an enormous building programme began, overseen by Weng Wanda, Supreme Commander of the Xuan–Da defence area. The Xuan–Da section of the Great Wall stretched 530 miles, tracing the Mongolian steppe and the Yellow River, and it bristled with firepower and artillery. Some sections featured double, triple or even quadruple layers.

Still, the Mongols went around it to the east and west, and kept nibbling at the empire. In 1550, Altan Khan discovered a weakness in the wall at Gubeikou, near Beijing. He invaded and torched the suburbs of the capital. The Ming reacted by strengthening the wall and innovating, building 1,200 hollow watchtowers, for the first time providing soldiers shelter from the bitter elements and the murderous Mongol arrows, and space to store food, water and weapons.

After an incident in 1576, when several high-ranking officials were murdered by Mongol marauders who'd breached the defences, the Ming redoubled their efforts to plug every gap and mend any remaining weaknesses. All the old surviving sections of earthen mounds around Beijing were replaced by bricks and mortar, and the wall was extended over even the most challenging and steep stretches of terrain. These dramatic sections are the Great Wall as seen by tourists today.

WRITING ON THE WALL

Ultimately, though, even the highest, strongest wall in the world couldn't save the Ming from a deadly combination of natural calamity (floods, famine), internal revolts and the fact that their mortal enemies in Manchuria combined forces and declared all-out war.

> "Even the strongest wall in the world couldn't save the Ming from floods and famine"

The wall was breached by Manchu invaders at Xifengkou Pass in 1629. More successful attacks followed, along with domestic uprisings and rebellions within the ranks of the Ming forces – fuelled by fury, as famine and poverty afflicted the masses while the ruling class lived in opulence. With their focus broken and resources stretched, the Ming army was unable to man the wall properly and it ceased to operate as a defensive barrier.

In 1644, a rebel force known as the Shun army, led by Li Zicheng ('Dashing Prince', a self-bestowed title), marched across central China, sometimes literally along the wall, almost unopposed. When they entered Beijing on 25 April, the Chongzhen Emperor hanged himself.

By now, the last remaining Ming commander with a loyal fighting force was Wu Sangui, who began marching to Beijing with his 40,000-strong army to help defend the capital. Upon hearing of his emperor's suicide and the victory of Li Zicheng's Shun army, he went instead to Shanhai Pass, where the Manchu forces were amassed on the far side of the Great Wall, waiting for an opportunity to attack.

DID YOU KNOW?

Sections of the earliest wall are still being discovered. One stretch was unearthed in a remote part of the Gobi Desert in 2011.

Wu had a dilemma: should he side with the rebels who now controlled Beijing and were calling themselves the Shun Dynasty, or ally with the northern invaders? He didn't know it then, but it was a decision that would define China's history for the next three centuries.

WORLD WONDER

When Wu learned that Li Zicheng had condemned his father to death, the commander did a deal with the Manchu. Their leader, Dorgon, agreed to help him defeat the Shun in return for power once the fighting was over. Wu opened the gate and the Manchu forces poured through the wall. They charged into Beijing in June 1644, routing the rebels and the remaining Ming forces, and establishing the Qing dynasty, which ruled all of China until 1911.

With China now incorporating territory north and south of the Great Wall, the structure quickly became redundant as a defensive line, and no longer needed to be guarded. Over the centuries large parts of it fell into disrepair, until tourism took off in the second half of the 20th century. Now, over 10 million people visit and walk along this incredible 2,400 year-old landmark every year. ⊙

GET HOOKED

LISTEN

Melvyn Bragg and guests discuss the Great Wall of China in an episode of *In Our Time*
www.bbc.co.uk/programmes/b00s3h3w

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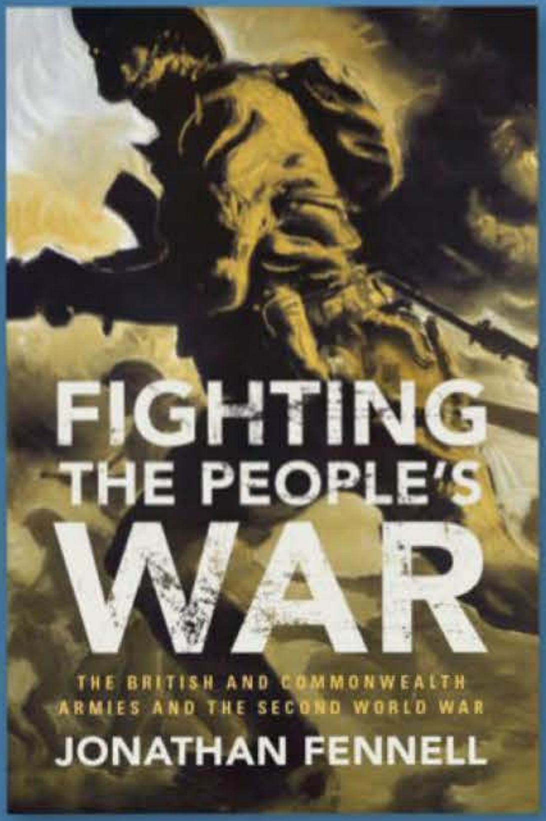
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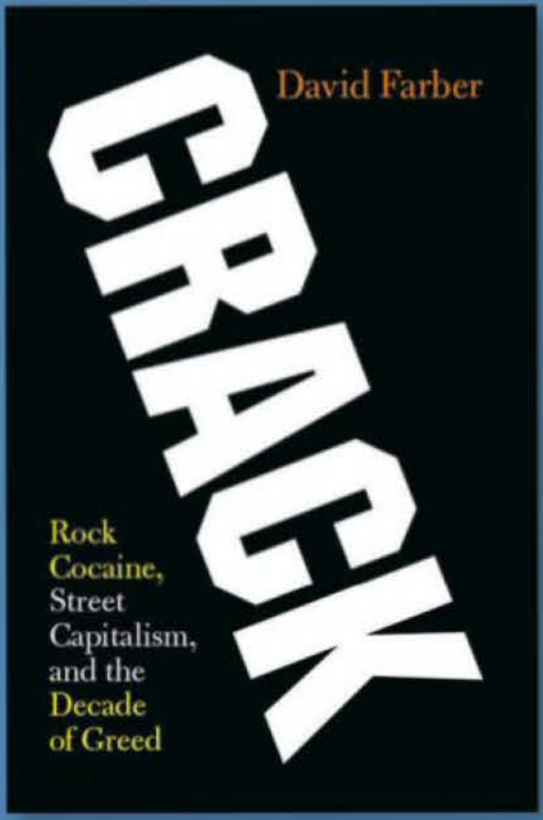
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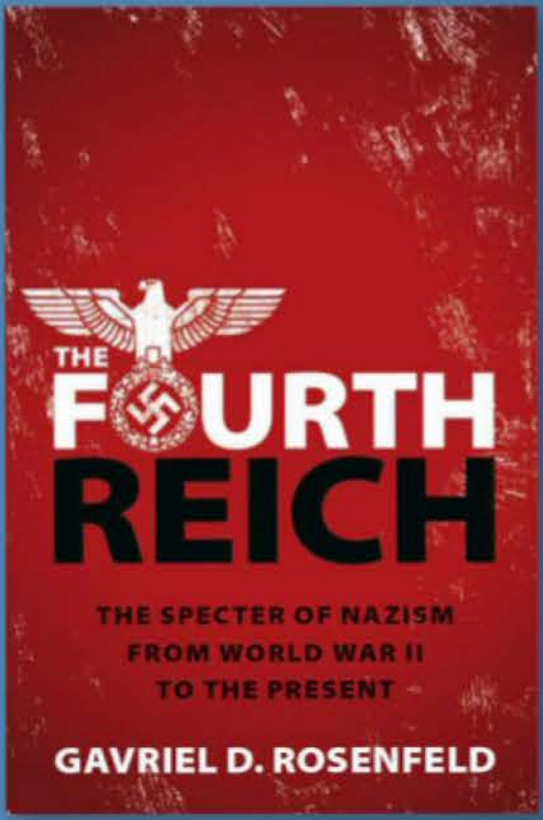
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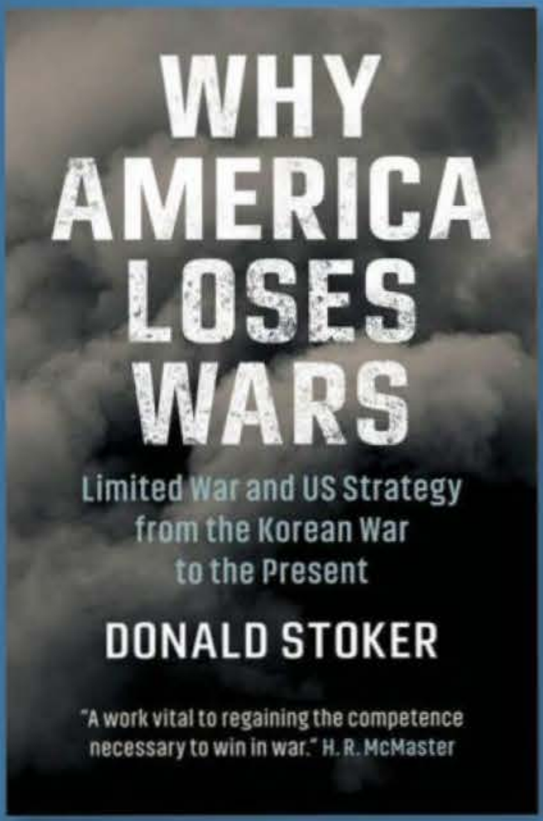
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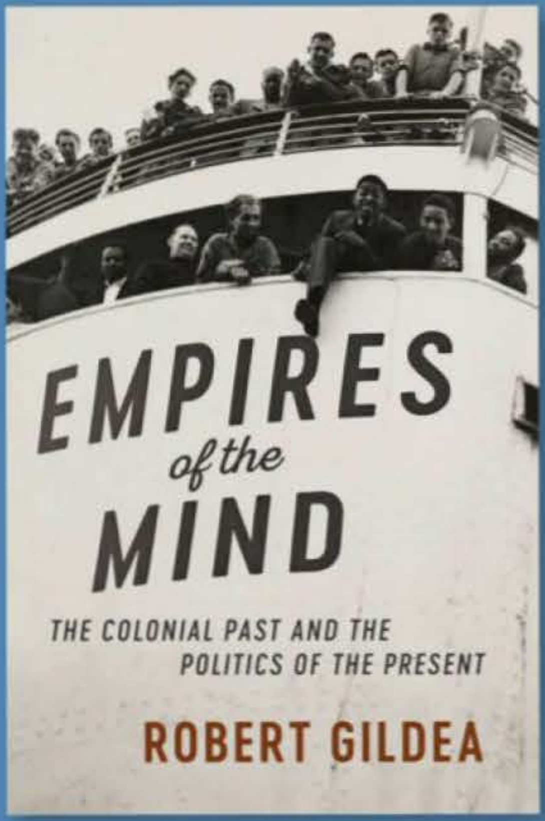
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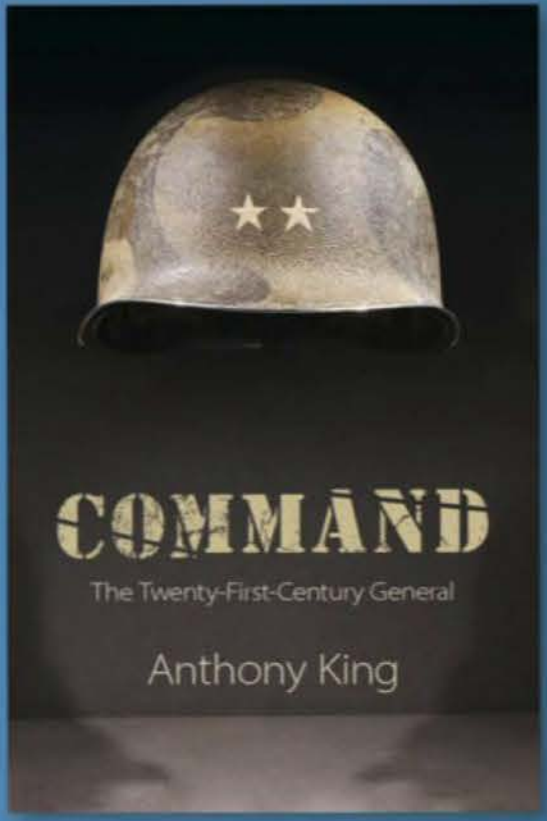
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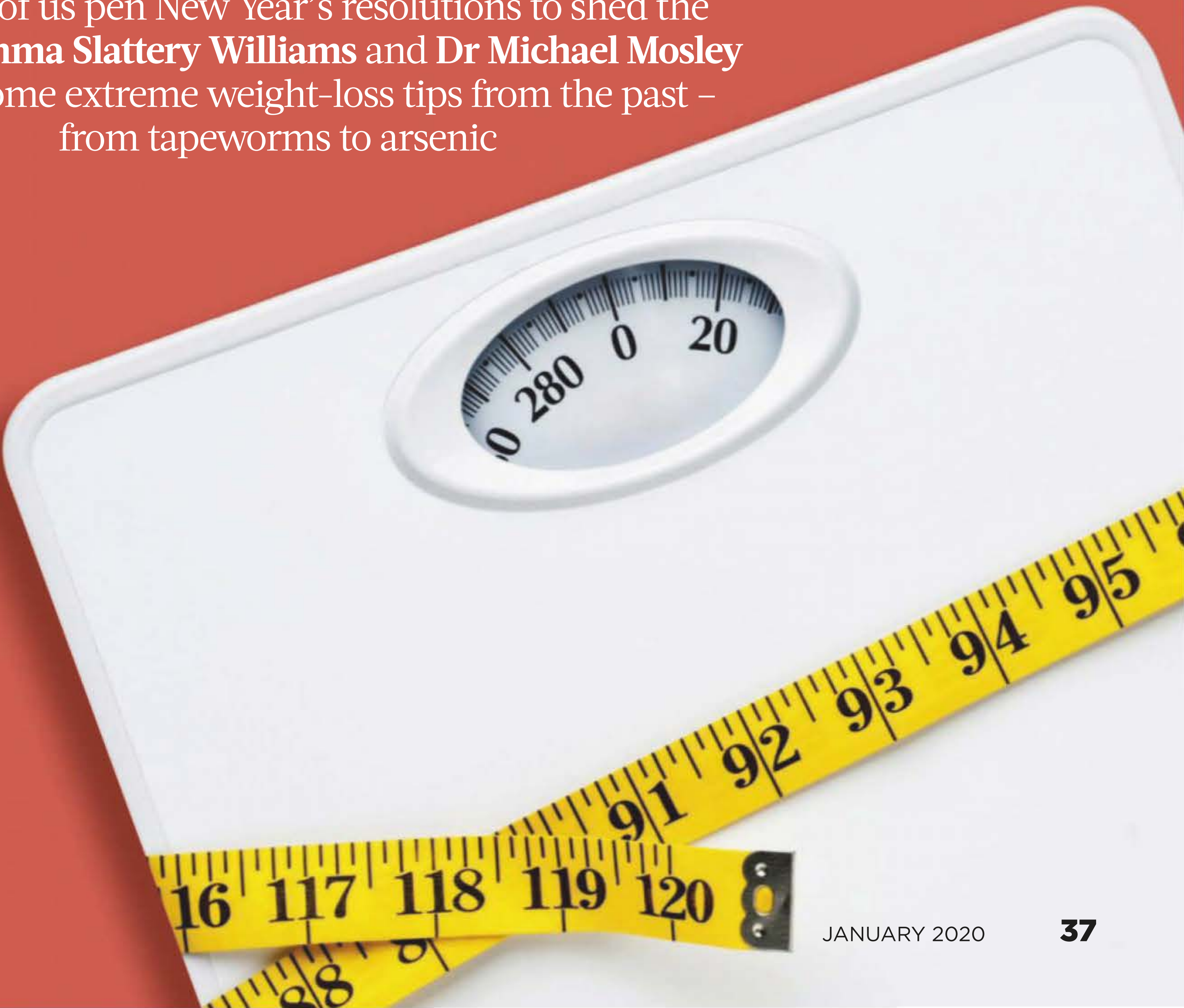
10 BIZARRE DIETS FROM HISTORY

As many of us pen New Year's resolutions to shed the pounds, **Emma Slattery Williams** and **Dr Michael Mosley** explore some extreme weight-loss tips from the past – from tapeworms to arsenic



DR MICHAEL MOSLEY is an award-winning writer and TV presenter. He presents BBC Two's *Trust Me, I'm A Doctor* and has written five international bestsellers, most recently *The Fast 800*.

1

TAPEWORM

In the 19th century, reports emerged of people ingesting tapeworm eggs. The idea behind this less than appetising dieting method was that the hatched tapeworm would eat ingested food in the person's intestine, preventing them from gaining weight.

EXPERT ADVICE

MICHAEL SAYS: This is certainly an unusual approach to dieting, and one that I tested out a few years ago for the BBC Four series *Infested!*. In the name of science, I flew to Nairobi in Kenya and deliberately infested myself by swallowing three tapeworm cysts. I let them mature inside me for about six weeks before swallowing a pill camera so we could film them in situ.

Despite being host to three large tapeworm I lost no weight at all, although one of the experts who helped set up the experiment suggested that I may have unconsciously compensated for their presence by eating more.

After the experiment, I took a pill to kill the tapeworm – nothing came out so I can only assume that once they'd died, my body treated them like food and digested them. An ironic end: parasites eaten by their host.

2

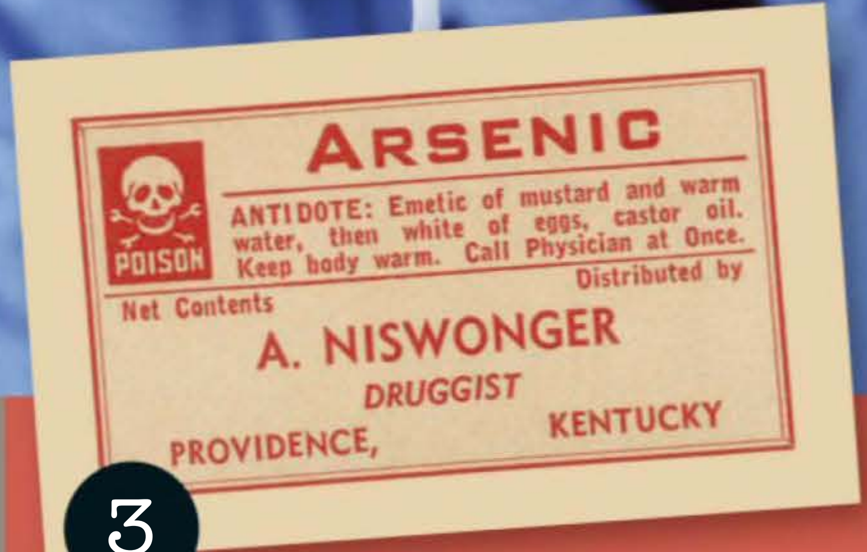
THE BYRON

Mad, bad and dangerous to emulate – the Romantic poet with the scandalous private life had an unusual method of keeping fit and healthy. He advocated drinking vinegar daily, as well as soaking food in the acidic substance as a way of staying trim. Admirers began copying this trend to get his famously pale complexion and slim figure.

EXPERT ADVICE

MICHAEL SAYS: When it comes to the benefits of drinking vinegar, Byron wasn't completely mad. We did an experiment on *Trust Me I'm a Doctor*, where we asked volunteers to eat a couple of bagels, then the following day eat another couple of bagels after drinking a diluted shot of apple cider vinegar. We measured what happened to their blood sugar levels and it turned out that the vinegar had a big impact, reducing the rise in blood sugar levels by 36 per cent. This is probably because the acetic acid in the vinegar suppresses the break down of starches, which means that if you consume it before a carbohydrate-rich meal, less sugar will be absorbed. Vinegar is acidic so should only be drunk diluted in small amounts or used sparingly in food.

apple cider
vinegar



ARSENIC

POISON

ANTIDOTE: Emetic of mustard and warm water, then white of eggs, castor oil. Keep body warm. Call Physician at Once.

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A. NISWONGER

DRUGGIST

PROVIDENCE, KENTUCKY

3

ARSENIC

Before we knew of its dangers as a poison, arsenic was used in a variety of ways, including as a cosmetic and a weight loss aid. Victorian diet pills often contained a mixture of dubious ingredients, including arsenic, with people completely unaware of what they were taking.

EXPERT ADVICE

MICHAEL SAYS: Arsenic does have its medical uses, particularly in the treatment of cancer. In 2018, the US Food and Drug Administration (FDA) approved the use of an arsenic compound for the treatment of patients with acute promyelocytic leukaemia.

But as a weight loss tool? Well, arsenic, in low doses, is a stimulant. So, in theory, a nip of arsenic could pep you up, so you might become more active, in which case you might burn a few extra calories. But the line between stimulation and death is a fine one.

PREVIOUS PAGE: GETTY X1, THIS PAGE: ADVERTISING ARCHIVES X1, BBC PHOTO LIBRARY X1, GETTY X5

The longest tapeworm ever found in a human gut was 8.8 metres. This one's minute in comparison

DID YOU KNOW?

It's reputed that William the Conqueror became so overweight in his later years that he embarked on a liquid-only diet, comprising largely of alcohol.

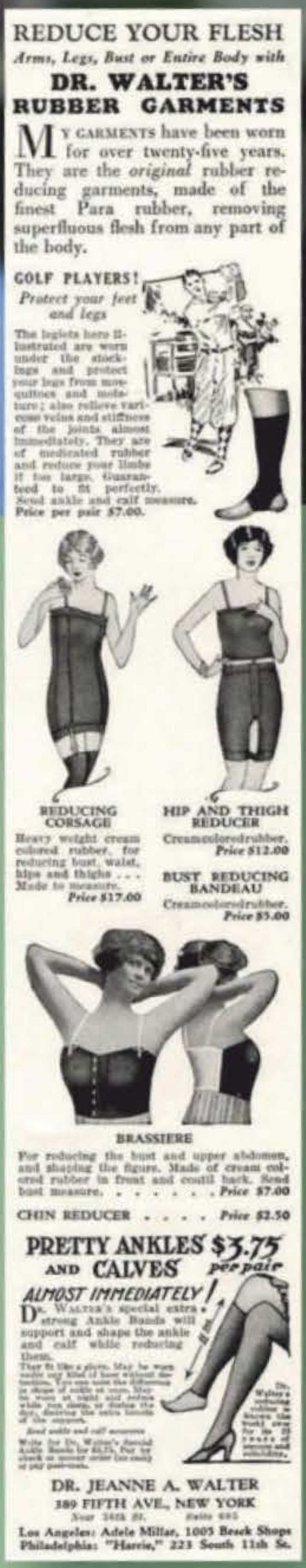
4

RUBBER

Fashion could be just as dangerous as food when it came to questionable health choices of the past. In the mid-19th century, American inventor Charles Goodyear created the vulcanisation process, which allowed for the commercial use of rubber. As this revolutionary material became mass-produced, inventors tried to cash in on its success by innovating new ways it could be used. Including garments for weight loss.

EXPERT ADVICE

MICHAEL SAYS: One of the things they did with rubber was produce corsets and knickers made of the stuff – it was thought that the rubber would hold in fat while making you sweat, and therefore lose weight. Unfortunately, what the material actually did was cause the wearer's skin to break down, leaving it vulnerable to sores and infections.



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The leglets here illustrated are worn under the stockings and protect your legs from mosquitoes and moisture; also relieve varicose veins and stiffness of the joints almost immediately. They are of medicated rubber and reduce your limbs if too large. Guaranteed to fit perfectly. Send ankle and calf measure. Price per pair $7.00.

REDUCING CORSAGE

Heavy weight cream colored rubber, for reducing bust, waist, hips and thighs . . . Made to measure. *Price $17.00*

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Creamcoloredrubber. *Price $12.00*

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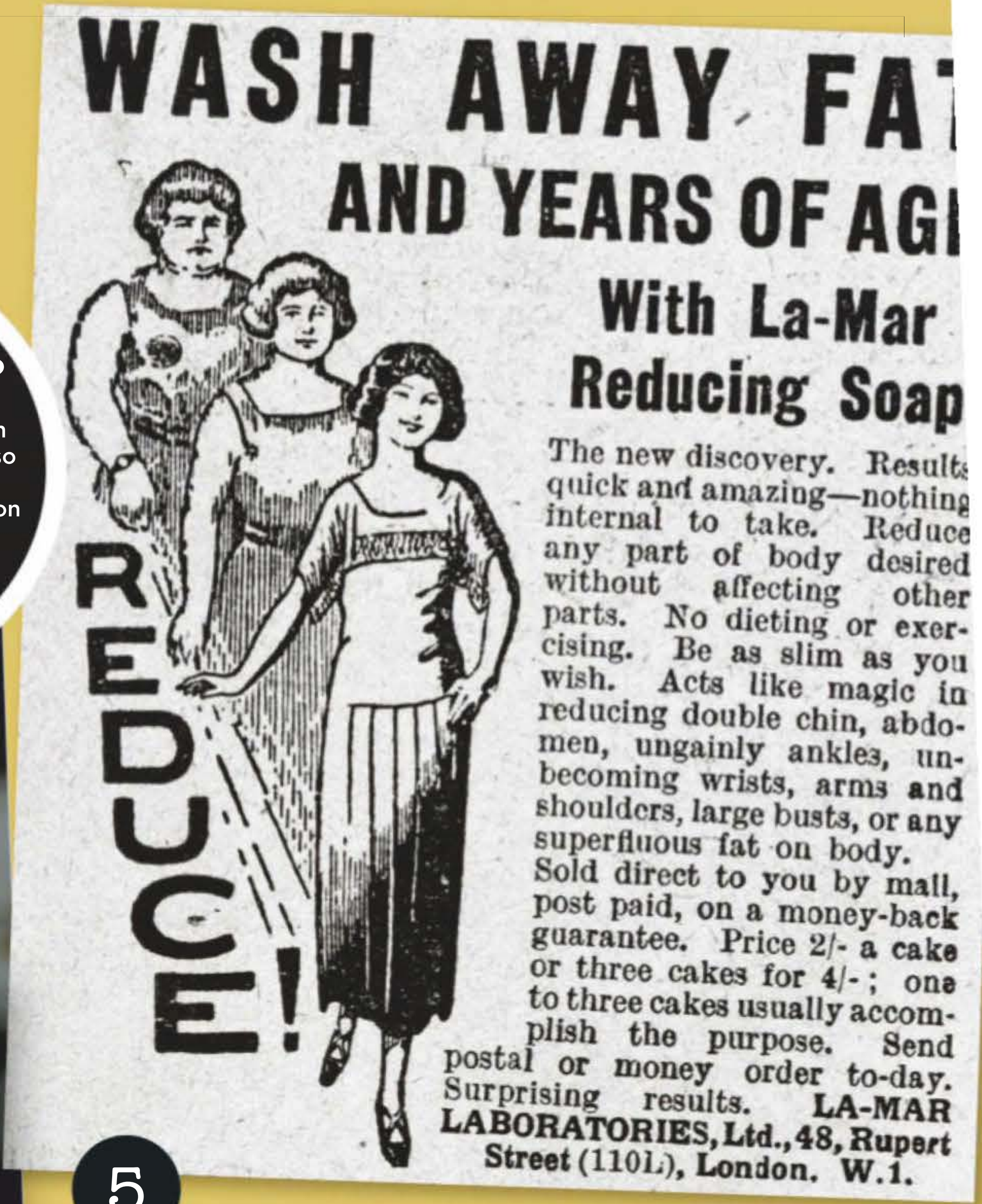
5

FAT REDUCING SOAP



WASH AWAY FA

AND YEARS OF AG

With La-Mar Reducing Soap

REDUCE!

The new discovery. Results quick and amazing—nothing internal to take. Reduce any part of body desired without affecting other parts. No dieting or exercising. Be as slim as you wish. Acts like magic in reducing double chin, abdomen, ungainly ankles, unbecoming wrists, arms and shoulders, large busts, or any superfluous fat on body. Sold direct to you by mail, post paid, on a money-back guarantee. Price 2/- a cake or three cakes for 4/-; one to three cakes usually accomplish the purpose. Send postal or money order to-day. Surprising results. LA-MAR LABORATORIES, Ltd., 48, Rupert Street (110L), London. W.1.

In the 1920s, a company claimed it had created a soap that could literally "wash away fat and years of age" from your body. The advert for La-Mar soap stated that it worked like "magic" and could be used on any part of the body – from double chins to "ungainly ankles". Other companies soon jumped on the bandwagon with their own fat-fighting soaps, including Dr Paul Bouchaud's Flesh Reducing Soap, which claimed to absorb fatty tissues from any part of the body, proving the "needless use of dangerous drugs, dieting, steam pack or exercises".

EXPERT ADVICE

MICHAEL SAYS: This is absolutely bonkers, obviously.

For early 20th century dieters, a fat reducing soap seemed too good to be true – and it was.

6

PROLINN

Prolinn was a less-than-400-calorie drink that claimed to help you lose weight. For a while it was hugely popular, with more than two million people trying the diet, but did it work?

EXPERT ADVICE

MICHAEL SAYS: Osteopath Robert Linn launched the notorious Last Chance Diet in the 1970s. Along with his book you could also buy his miraculous "liquid protein diet", Prolinn. An array of celebrities endorsed the product, claiming that dieters could lose up to 10lb (4.5kg) a week.

After initial success, however, The Last Chance Diet began to live up to its name when reports of related deaths prompted the FDA to investigate. Although some of the fatalities seem to have been people with already advanced heart disease, there was evidence in a few cases that the diet itself may have caused damage to the heart through "protein-calorie malnutrition". The low-quality protein in Prolinn came largely from collagen, obtained from the tendons, ligaments and skin of animals, enhanced with artificial flavourings.

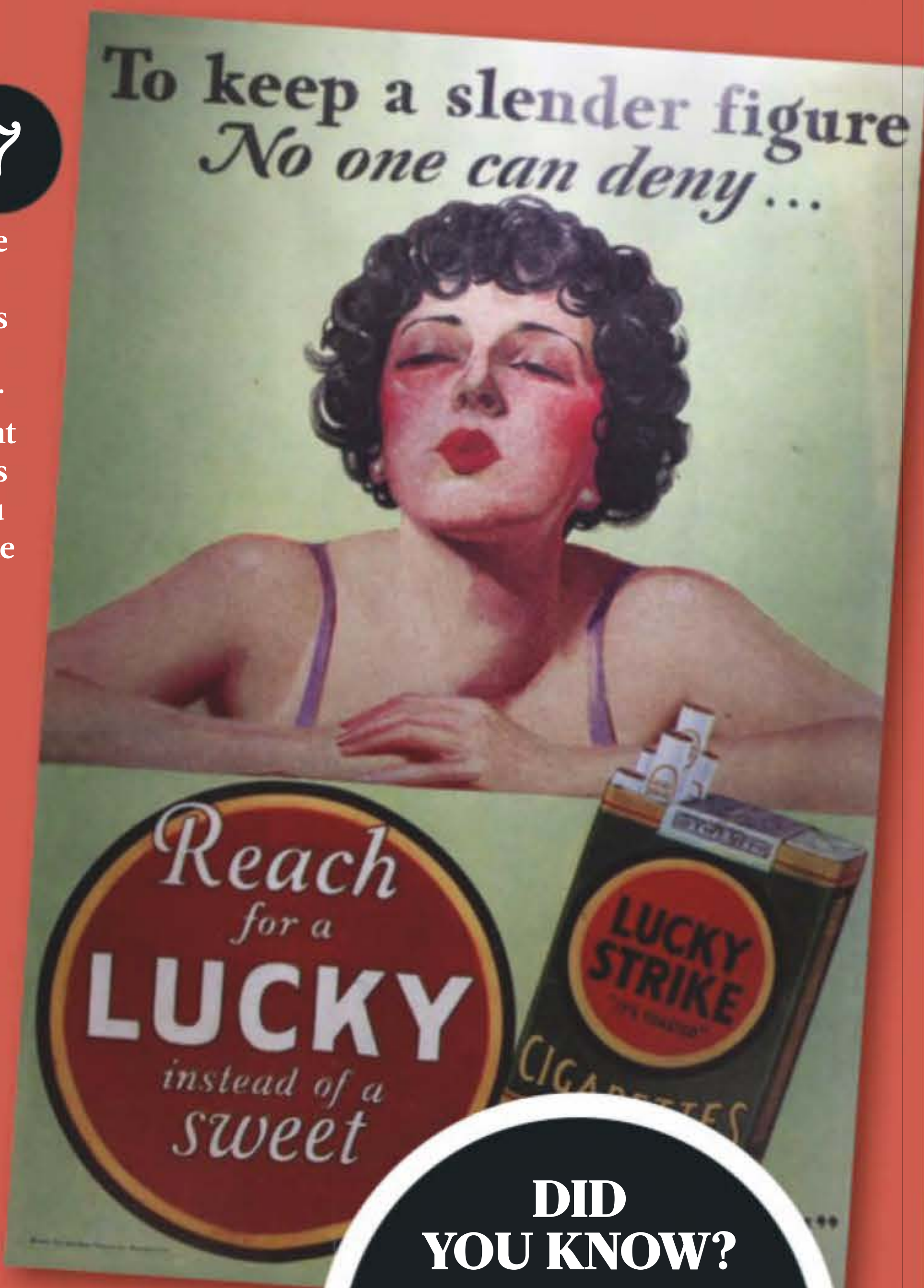
7

CIGARETTES

We are now only too aware of the multiple health issues connected with smoking, but back in the 1920s, cigarette companies were doing their utmost to promote their products any way they could. One of their tactics was to market cigarettes as a weight loss aid. The suggestion was that cigarettes could suppress your appetite and lead you away from edible temptations. US cigarette brand Lucky Strike ran advertising campaigns encouraging people to reach for one of their cigarettes rather than sweets – they were the most profitable cigarette brand for two years running.

EXPERT ADVICE

MICHAEL SAYS: Cigarettes are extremely bad for you and cause the premature death of 1 in 3 of people who engage in the habit. That said, cigarettes do suppress appetite and people, on average, put on 5kg (11lbs) in the year after they stop smoking. But smoking's proven dangers to health definitely outweigh any possible impact on weight loss they may have.


To keep a slender figure
No one can deny...
Reach for a LUCKY instead of a sweet
LUCKY STRIKE
CIGARETTES

DID YOU KNOW?

The Drinking Man's Diet first appeared in 1964, advocating such low-carb, alcoholic pairings as steak and whisky, chicken and gin, and roast pheasant and rum. Cheers!

8

LUIGI CORNARO

It's not just a modern idea to worry about one's health or weight. Back in 1558, Venetian merchant Luigi Cornaro published the first of his discourses on living a long and healthy life, titled *The Art of Living Long*. Cornaro had previously lived a life of excess and was encouraged to turn this around after suffering exhaustion and ill health. He restricted his diet to 340g of food a day (bread, egg yolks, meat and soup), as well as a generous helping of half a bottle of wine per day. He later reduced his food intake even further to just one egg a day. There is debate over Cornaro's age at his death, but it's believed to be between the ripe old ages of 98-102.

EXPERT ADVICE

MICHAEL SAYS: Long-term calorie restriction is the only thing that has been shown to extend healthy life in every animal species it's been tested on. To get the benefits you see in rodents, you would need to cut down to around 1,500 calories a day. That said, they would need to be healthy calories packed full of nutrients.

Unless Cornaro was enormously fat to begin with, I can't see how anyone could survive for long on one egg a day.

9

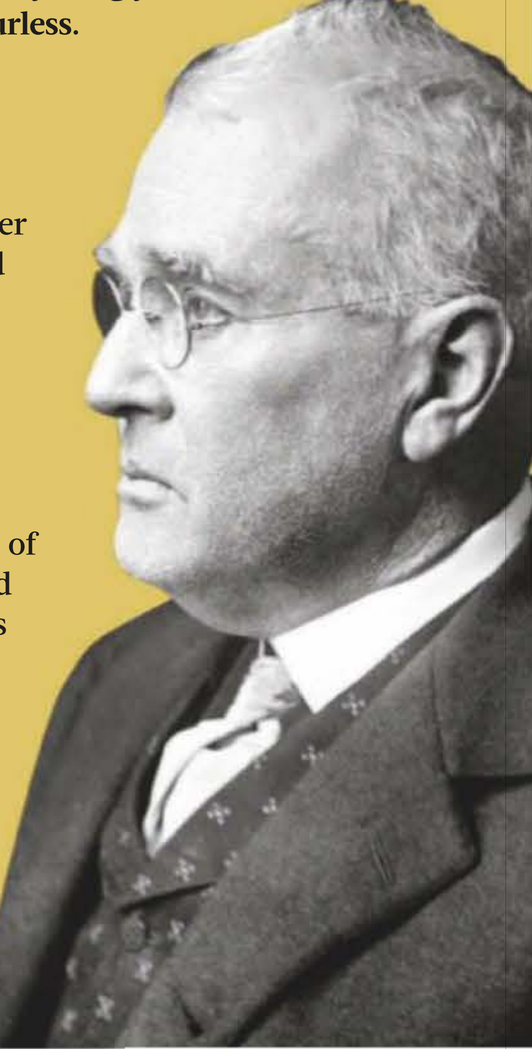
FLETCHERISM

In the early 20th century, tired of suffering from indigestion and obesity, American food faddist Horace Fletcher came up with a novel way of improving digestion and keeping his weight down. The initial philosophy behind the diet wasn't all bad – to take your time when eating, be mindful of what you eat and to only eat when you're hungry. However, the main principle of Fletcherism, as it became known, was to chew everything you ate at least 32 times or until it became liquified and flavourless.

EXPERT ADVICE

MICHAEL SAYS: For understandable reasons Fletcher became widely known as 'The Great Masticator' and was denounced as an utter quack. Critics described his diet as potentially responsible for "constipation of the most serious kind". But was there anything to be said for his methods? I think there was, certainly the idea that you should only eat when you're hungry, and take your time over your meal.

About a metre along the small intestine is a group of cells that react to food by releasing a hormone called PYY. This is a hunger suppressing hormone that tells you you're full. It can take the food you eat up to an hour to get from your stomach to these cells, so if you eat fast you will eat more. Lots of chewing also speeds up the breakdown of food in the stomach, meaning it gets to the PYY receptors faster.



ALAMY X3, GETTY X1

10

THE SLEEPING BEAUTY DIET

First referenced in the 1960s, the main principle of the Sleeping Beauty regime was that if you're sleeping, you're not eating. However, ardent followers of the mantra have historically deployed sleeping pills, alcohol and sedatives to ensure they stay asleep, sometimes for up to 20 hours a day. Elvis Presley was apparently a fan of the 'diet', having once put himself into a medically induced coma for a few days to avoid the temptation of eating.

EXPERT ADVICE

MICHAEL SAYS: I can certainly see the logic to this one, but I can't imagine any way you could keep people unconscious without causing them serious harm. Also, I imagine people would wake up ravenously hungry. Presley died hugely overweight, so he's not a great advert for this method of weight loss.

With a diet ranging from deep fried pickles to peanut butter, bacon and banana sandwiches, it's no wonder Elvis felt the need to sleep it off

GET HOOKED

WATCH

Dr Michael Mosley explores new research on getting fit in an episode of *The Truth About…* on BBC One *www.bbc.co.uk/iplayer/episode/b09qjl7d/the-truth-about-15-getting-fit*

READ

Dr Michael Mosley is a regular columnist for *BBC Science Focus Magazine* – pick up a copy of the January issue, on sale now.

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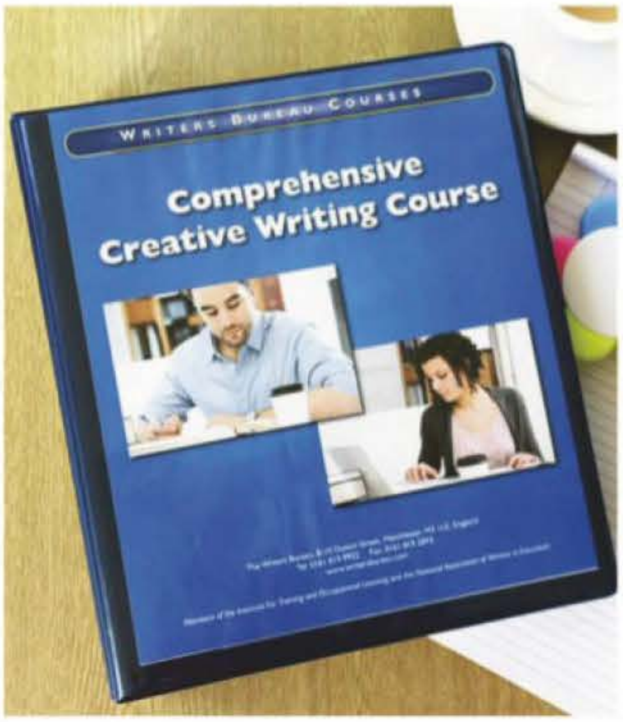

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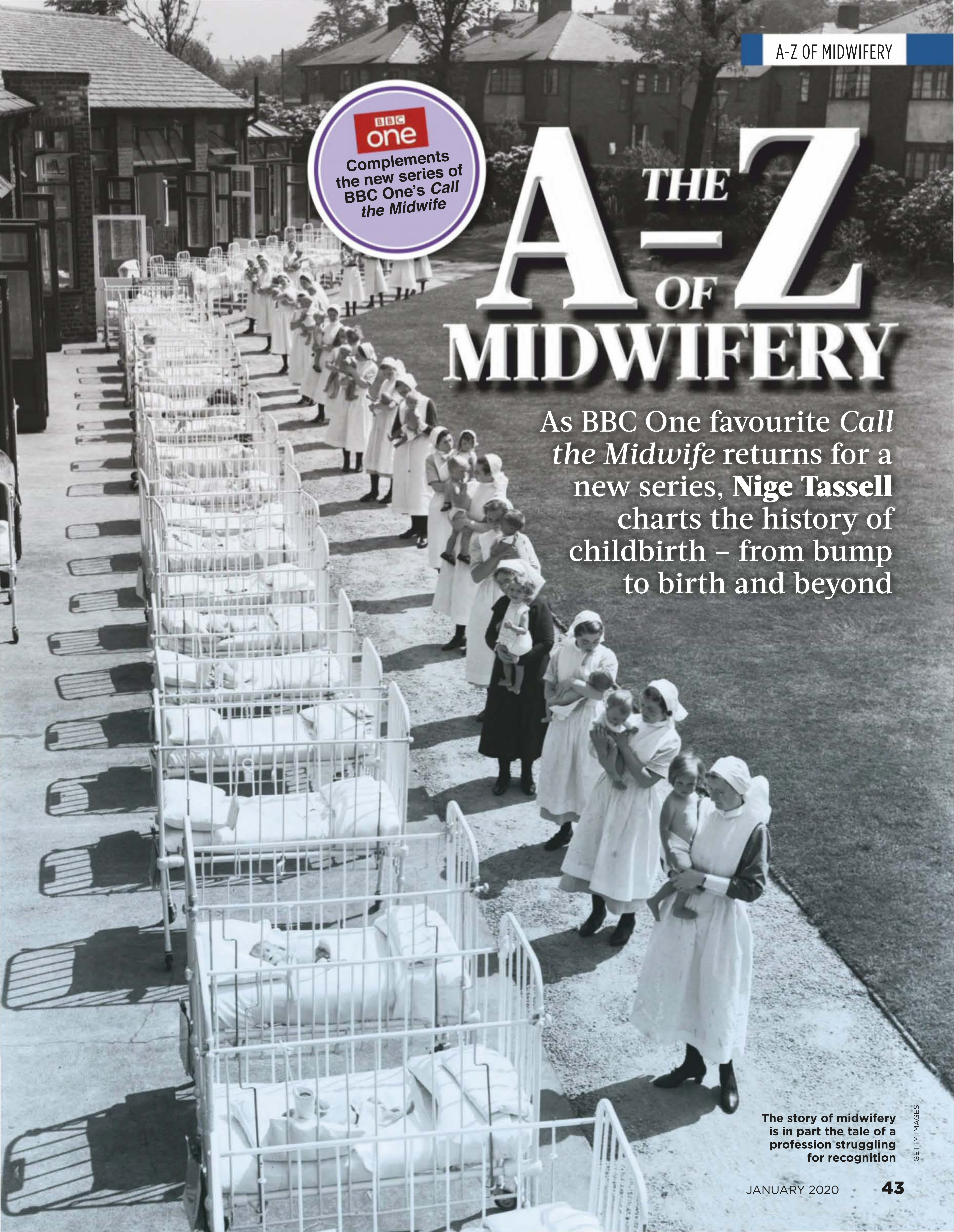


Complements the new series of BBC One's *Call the Midwife*

THE A-Z OF MIDWIFERY

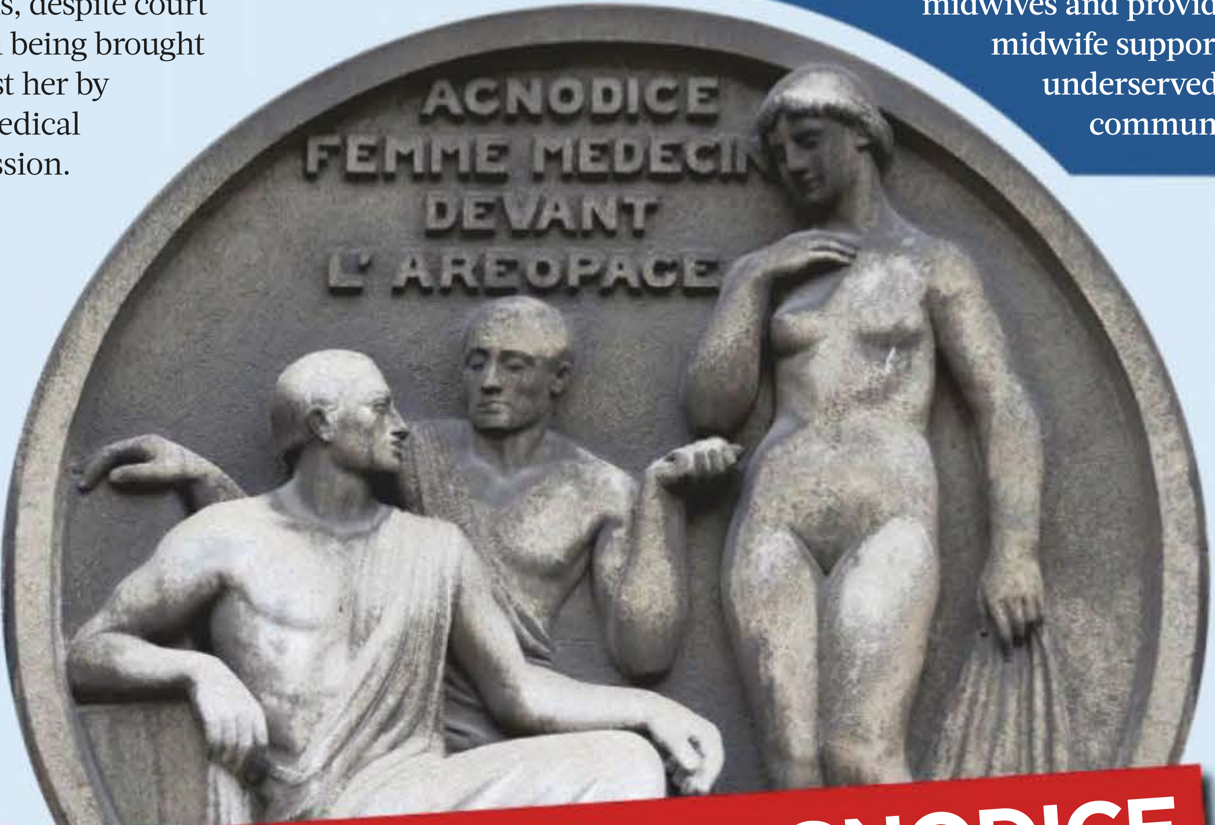
As BBC One favourite *Call the Midwife* returns for a new series, **Nige Tassell** charts the history of childbirth – from bump to birth and beyond

The story of midwifery is in part the tale of a profession struggling for recognition

GETTY IMAGES

A... is for *AGNODICE*

▼ Although some classical scholars debate she ever existed, Agnodice (*pictured below*) is widely remembered as a pioneering midwife. According to legend, she was born into a wealthy Athenian family in the 4th century BC and, keen to help reduce the high rates of mortality in childbirth, decided to study medicine – a career from which women were prohibited. In order to study and work as a physician, Agnodice had to dress as a man and, it's said, had to physically reveal herself as a woman to gain the trust of pregnant patients. She allegedly became the most in-demand physician in ancient Athens, despite court action being brought against her by the medical profession.



"IT'S SAID THAT AGNODICE BECAME THE MOST IN-DEMAND PHYSICIAN PRACTISING IN ANCIENT ATHENS"

B... is for *BRECKINRIDGE*

Mary Breckinridge was born into a wealthy family in Memphis in 1881. Following the premature deaths of her two children, she devoted herself to nursing. In 1923, she travelled to London to train as a midwife. After graduation, she toured the Highlands and Islands of Scotland to understand more about the needs of rural communities when it came to childbirth. Back in the US, Breckinridge founded the Kentucky Committee for Mothers and Babies in 1925 (later the Frontier Nursing Service), an institution dedicated to training midwives and providing midwife support to underserved rural communities.

C... is for *CHLOROFORM*

▼ In 1847, James Young Simpson, professor of midwifery at Edinburgh University, first administered chloroform to one of his patients, a Mrs Carstairs. So grateful was she for the intervention that she named her daughter Anaesthesia. The breakthrough even made the front page of *The Scotsman*. While chloroform's introduction was initially far from universally accepted by the medical fraternity, six years later Queen Victoria was administered the compound as she gave birth to her eighth child. The treatment now came by royal appointment.

James Young Simpson (*above*) pioneered the use of chloroform

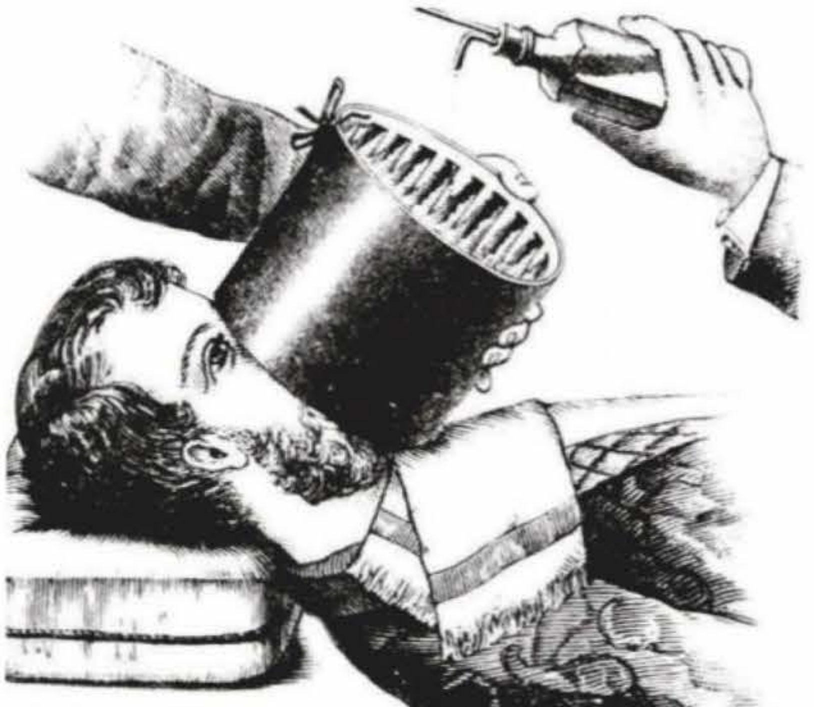
CHLOROFORM
CHCl3
ETHE
(C2H5)2

D... is for *DRAPER*

▼ At breakfast time on 12 August 1762, at St James's Palace in London, the son and heir of George III and his wife Charlotte of Mecklenburg-Strelitz came into the world. But the arrival of the new Prince of Wales was unusual. The Queen had not wanted the attentions of the celebrated surgeon William Hunter. Instead, remaining at the palace in case of complications, Hunter is said to have stood aside in favour of an ordinary midwife – one Mrs Draper. It was she who is thought to have delivered the future George IV.

E... is for *ETHER*

▶ While James Young Simpson pioneered the use of anaesthesia on the eastern side of the Atlantic, his counterpart to the west was Walter Channing, professor of midwifery and medical jurisprudence at Harvard. His favoured anaesthetic was the clear liquid known as ether. Observing that there was no reason that a woman should "submit to a suffering which is [as] unnecessary as it is… cruel", Channing was the author of the 1848 *Treatise On Etherization In Childbirth*, which included testimony from 45 other physicians, who confirmed the absence of negative consequences in all the births in which they had administered ether.



Ether was first used as an anaesthetic in Boston in the 19th century

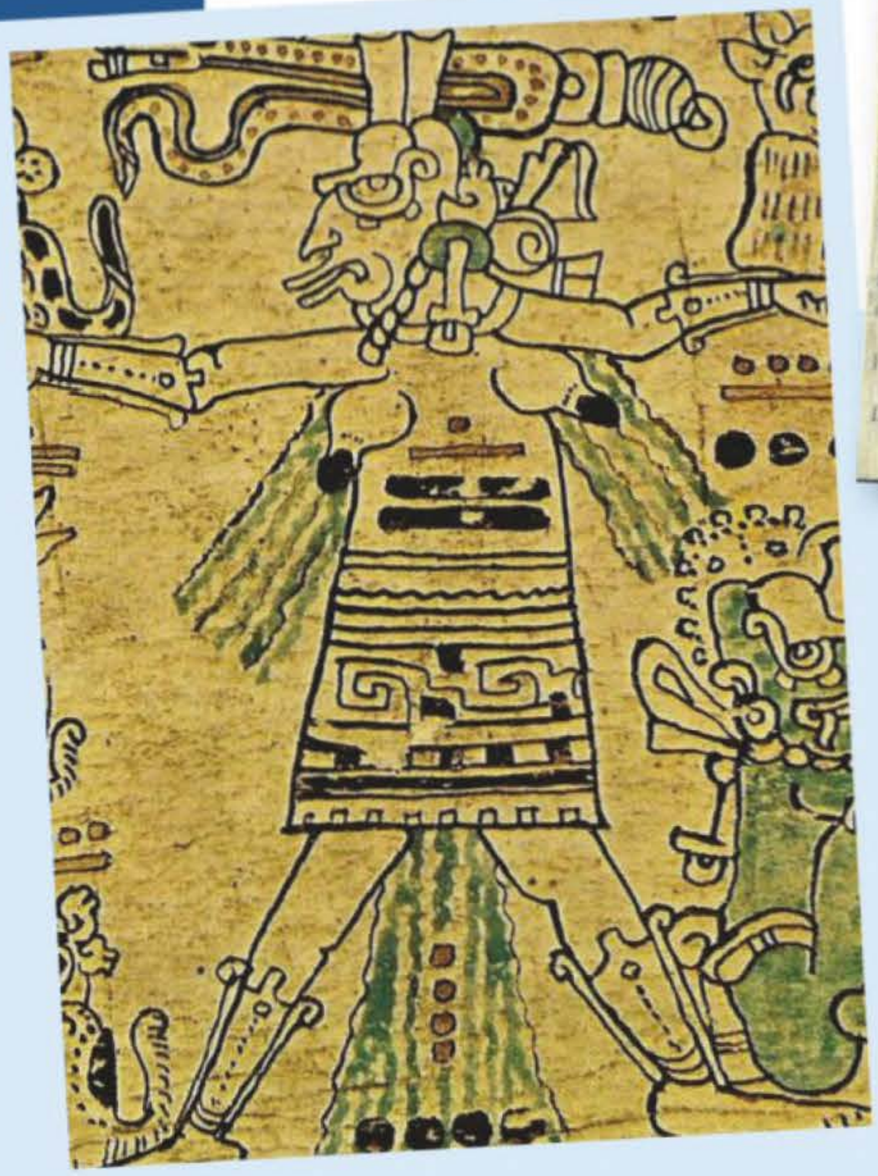
ALAMY X4, GETTY IMAGES X2

F... is for *FLORETA D'AYS*

Floreta d'Ays was a Jewish midwife who worked in Marseille in the early 15th century. In 1403, after a woman in her care died from a post-partum haemorrhage, d'Ays became the first midwife to be tried for medical malpractice. She had, in fact, been attempting to extract the placenta manually. However, because the new mother, a Christian, had not survived, d'Ays was accused of deliberately causing her death. Most of the testimony in court was from Christian women, with d'Ays given little opportunity to explain the science behind the procedure. She also declared that any confession of malpractice had been achieved through the use of torture. The final outcome of the case is not known.

G... is for *GENESIS*

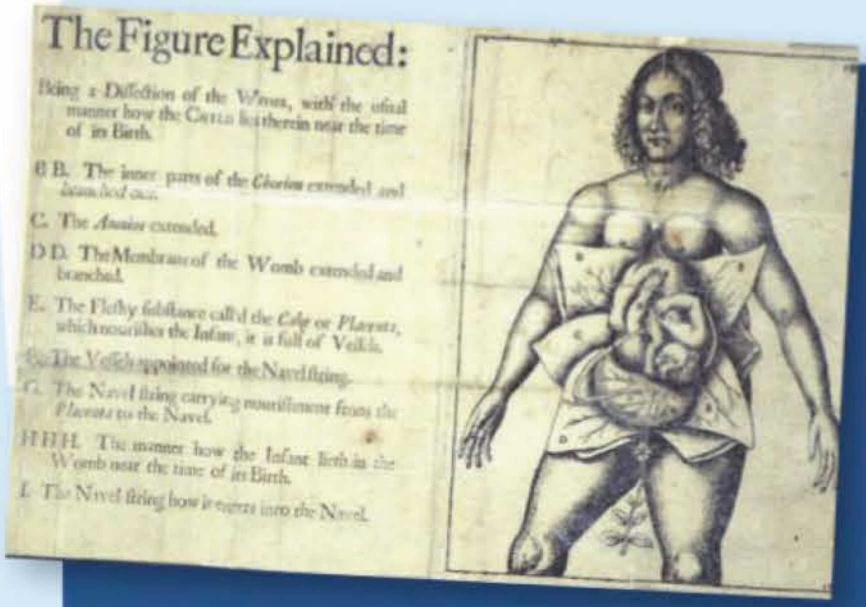
One of the earliest references to midwifery can be found in the Old Testament, specifically in Genesis 35:17 when Rachel, wife of Jacob, is encountering difficulties during the birth of her second son: "And it came to pass, when she was in hard labour, that the midwife said unto her, 'Fear not Rachel, it is another boy.'"



Ixchel, shown in the Mayan book known as the *Dresden Codex*

H... is for *HEROPHILUS*

Known as 'the father of anatomy', the Greek physician Herophilus made a substantial contribution to the study of pregnancy and childbirth. His third-century BC treatise, *Midwifery,* was an attempt to give doctors and midwives a greater understanding of their vocations. It not only highlighted the possible reasons for a difficult birth, but also explained the processes of conception and identified the various stages of pregnancy.



The Figure Explained:

Jane Sharp's book on midwifery was a 17th-century bestseller

I... is for *IXCHEL*

▶ Ixchel was the Mayan goddess of midwifery and fertility. Mayan midwives differed from those elsewhere in the world in that it was believed that pursuing midwifery wasn't a matter of selecting a job, but rather a calling from God, often received through a series of dreams. Mayan midwives were expected to spend a great deal of time with their patients, often to the detriment of their own marriage – they were also required to abstain from sex throughout the time they were attending births and performing ceremonies.

J... is for *JANE SHARP*

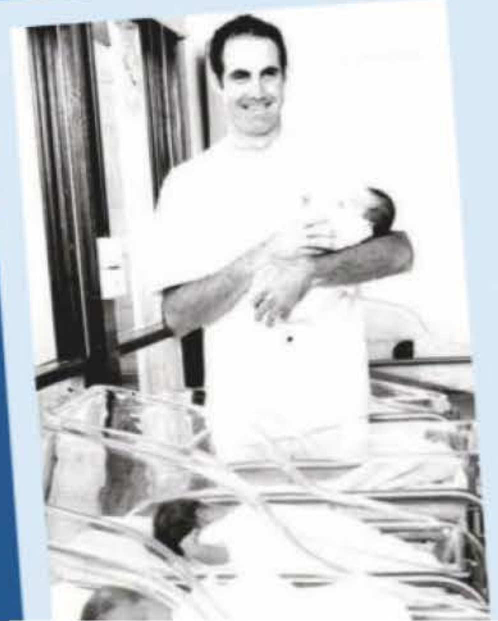
▲ Jane Sharp was the first Englishwoman to publish a book on midwifery. Until then, most knowledge of the subject was gleaned from male-written texts. Sharp's best-known book, *The Midwives Book, Or The Whole Art Of Midwifry, Discovered*, was an instant bestseller on publication in 1671 and was successful, wrote historian Jenna Townend in 2013, in "readdressing the gender imbalance, in terms of both authorship and perspective, that had blighted the science for much of the preceding two centuries".

K... is for *KNOWLEDGE*

Although interest in midwifery among medical students in Britain rose throughout the 18th century, it wasn't a mandatory element of a degree in medicine. Indeed, until Scotland made it a compulsory field of study in 1833 – English universities followed suit in 1866 – it was possible to be a practising physician without having received any instruction in the ways of childbirth.

L... is for *LYING-IN HOSPITALS*

A lying-in hospital was where women – usually poor and/or unmarried – who were unable to have their child at home went for delivery and for post-partum care. During the 15th century, St Thomas' Hospital in London had lying-in wards, as did numerous workhouses. The 18th and 19th centuries saw the construction of several dedicated lying-in hospitals across the capital. These included Queen Charlotte's Hospital in Hammersmith, which was primarily established to serve "wives for poor industrious tradesmen or distressed house-keepers", as well as the wives of soldiers and sailors.



Midwife Colin Bestead, pictured at King George V Memorial Hospital in 1976

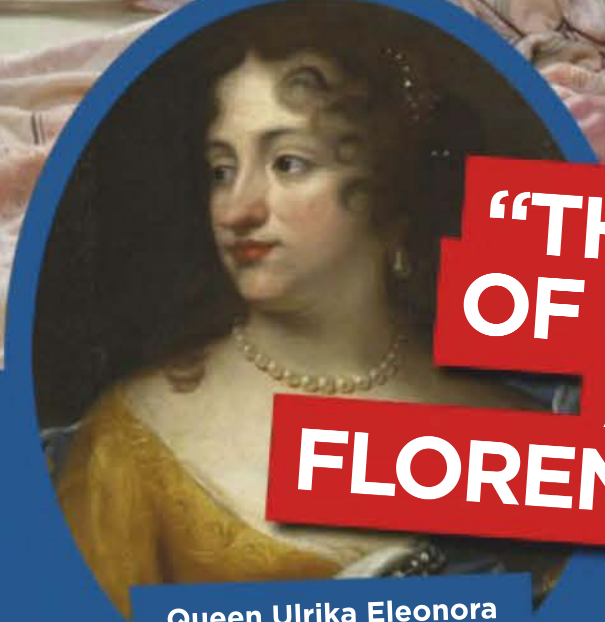
M... is for *MALE MIDWIVES*

▼ Midwifery was an almost exclusively female pursuit until *accoucheurs* – male midwives – became fashionable in 17th-century France, leading to a much greater involvement of male medical practitioners in childbirth. Quite often, these *accoucheurs* – such as the celebrated François Mauriceau – were also licensed as surgeons. As such, they were permitted to use forceps and anaesthetics, unlike their female counterparts.

N... is for *NUNS*

▼ BBC One's *Call the Midwife* is based on the mostly autobiographical accounts of district nurse Jennifer Worth, who worked as a midwife in London's East End in the 1950s. The nuns who feature in the series are inspired by a real-life nursing order – the Community of St John the Divine. Founded in 1848 as a 'nursing sisterhood', the community of nuns worked alongside Florence Nightingale and, after 1948, with midwives and doctors of the new National Health Service, caring for families in some of the poorest parts of London. The order moved to Birmingham in 1976.

"THE COMMUNITY OF NUNS WORKED ALONGSIDE FLORENCE NIGHTINGALE"



Queen Ulrika Eleonora started Sweden's first midwifery school

Q... is for *QUEEN ULRIKA ELEONORA*

▲ In the 17th century, the Danish-born Queen of Sweden became dismayed by the high mortality rates of both mothers and new-born babies in her adopted country. In 1685, inspired by her own experience with midwife Catherine Wendt, Ulrika drew up plans for a midwifery school which, aside from practical training, offered theoretical learning – at the time, midwife instruction usually occurred 'on the job'. Although it took quarter of a century for it to be opened, the school laid down the roots of Sweden's strong midwifery tradition, ultimately contributing to reduced mortality figures.

ALAMY X6, GETTY IMAGES X2, FACTS, VIEWS & VISION/2013 X1

R... is for *REGENSBURG*

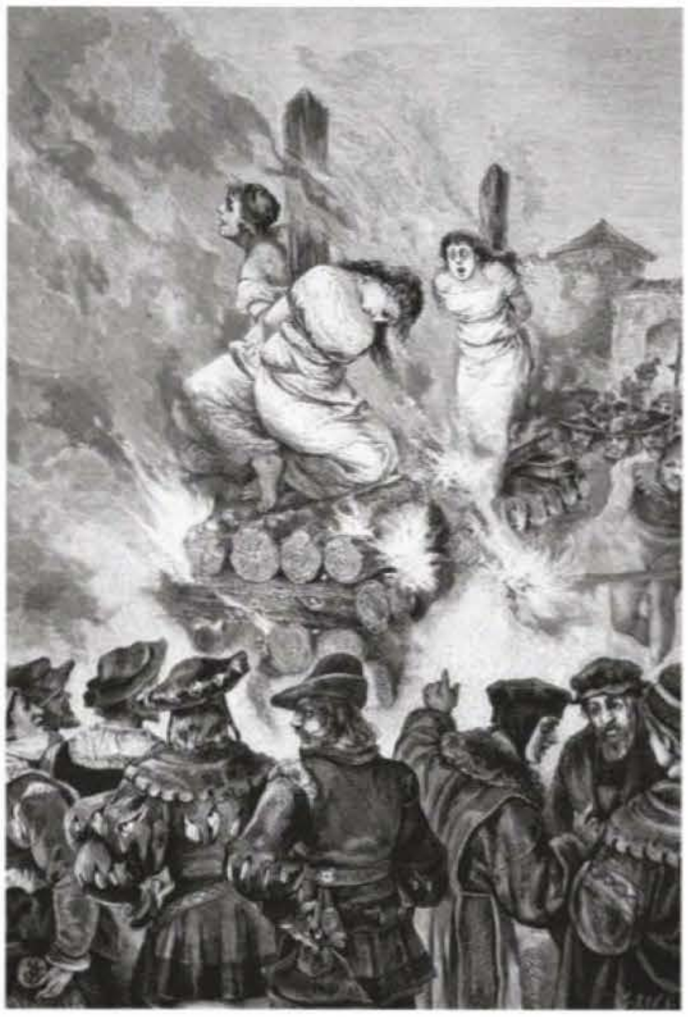
The Bavarian city of Regensburg is believed to be where the licensing of midwives was first instituted and made compulsory, a practice that soon spread across Western Europe. From 1452, any woman in Regensburg wishing to become a midwife had to appear before a panel of physicians to undergo questioning. However, with their medical training avoiding gynaecology and childbirth, these physicians often weren't exactly the best-qualified people for their task.

O... is for *OBSTETRICS*

Obstetrics is a branch of medicine that is distinct from, although at times overlapping with, midwifery. The two disciplines haven't always enjoyed the smoothest of relationships, with the rise of obstetrics over the past two or three centuries – fuelled by scientific and technological advances – casting midwifery somewhat into shadow. Broadly speaking, history shows a direct correlation between the advent of obstetrics and the level of male medical practitioners working within childbirth, with midwifery often viewed as somehow unscientific.

P... is for *PURITANS*

▼ In 1648, Margaret Jones, a Puritan midwife, became the first woman to be executed for witchcraft in the Massachusetts Bay Colony. One of the charges against her, reported the journal of Governor John Winthrop, was that: "She practising physic, and her medicines being such things as, by her own confession, were harmless… yet had extraordinary violent effect." The link between midwifery and witchcraft was already long-established. The infamous *Malleus Maleficarum*, a 15th-century book about witches, claimed midwives were the most dangerous kind of witch. Midwives were said to be women whose purpose was to steal stillborn children, who may actually have been murdered by the midwives, for use in satanic rituals.



In the Middle Ages, midwives risked being labelled as witches and burnt at the stake

18+

WHAT IS

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AvaxHome - Your End Place

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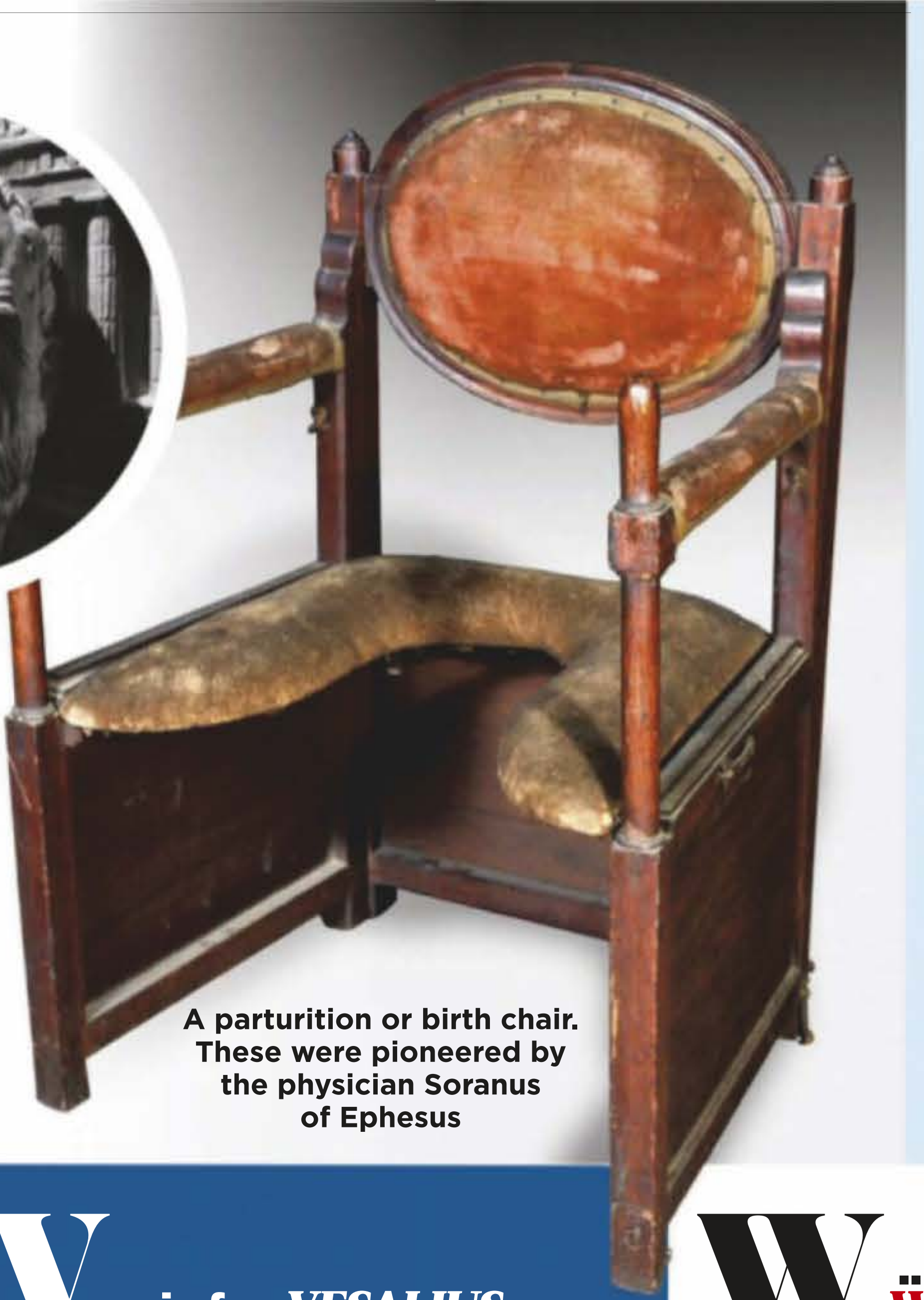
S... is for *SORANUS OF EPHESUS*

▶ Largely through his seminal work *Gynecology*, the second-century physician Soranus made an enormous contribution to the study of midwifery. Indeed, he was a major influence on the practice of childbirth right up until the Middle Ages. As well as introducing the use of the birth chair (*right*), the Romans placed great significance on the immediate assessment of a just-born child. *Gynecology* also sets out the necessary characteristics of a midwife: "[She should be] respectable and generally not unduly handicapped as regards her senses, sound of limb, robust and, according to some people, endowed with long, slim fingers and short nails at her fingertip."



A parturition or birth chair. These were pioneered by the physician Soranus of Ephesus

T... is for *TWILIGHT SLEEP*

It might sound the most natural thing, but twilight sleep was actually an injection of morphine and scopolamine that together aimed to ease the experience of childbirth. The morphine relieved the pain, while the amnesiac scopolamine erased the memory of giving birth. It was first administered in 1902 by an Austrian physician, Richard von Steinbüchel. Initially at least, educated and upper-class women welcomed use of the procedure.

The first foetal ultrasound, showing the top of the baby's head

U... is for *ULTRASOUND*

▲ 'The investigation of abdominal masses by pulsed ultrasound', a paper published in *The Lancet* in 1958, revolutionised pre-natal care. Authors Ian Donald, John McVicar and Tom Brown were pioneered using ultrasound within gynaecology and the paper included the first ultrasound pictures of a foetus.

V... is for *VESALIUS*

Andreas Vesalius was a Flemish anatomist whose dissections of human cadavers produced discoveries that greatly enhanced knowledge of the female reproductive organs, and thus helped to advance midwifery. For instance, in his most famous work – *De Humani Corporis Fabrica Or On The Fabric Of The Human Body*, published in 1543 – he debunked prevailing thought that the human uterus was divided into two sections.

W... is for *WESTCAR PAPYRUS*

Named after the British antiquarian Henry Westcar, who acquired it during his travels in Egypt in the 1820s, the Westcar papyrus is an ancient text, thought to date from c1700 BC, that tells five miraculous stories. These reveal that midwifery was a recognised occupation at the time – and a reputable one too.

X... is for *XENOPHOBIA*

During the first few decades of the 20th century, anti-midwife rhetoric grew louder in the US as the obstetric profession sought to undermine the role of the traditional, 'unscientific' midwife. With immigrants making up a large proportion of midwives (in 1924, 86.3 per cent of Minnesota midwives had been born outside the US), historian Sheryl Nestel observed in her 2007 book, *Obstructed Labour: Race and Gender in the Re-Emergence of Midwifery*, that the anti-midwifery debate of the time "relied heavily on racist and xenophobic themes". That infant mortality rates were comparatively high during this particular time of economic hardship only fuelled this sentiment.

Y... is for *YOUNG*

▲ Professor Thomas Young of Edinburgh University was the first to give public lectures on midwifery. In a 1779 lecture series, he explained: "Midwifery, though formerly very much neglected, is certainly an art of the greatest importance." However, he also mentioned "the ignorance of those who practised it [midwifery] in the days when it was in the hands of women".

Zepherina Smith had a passion for social reform and improving the lives of the poorest

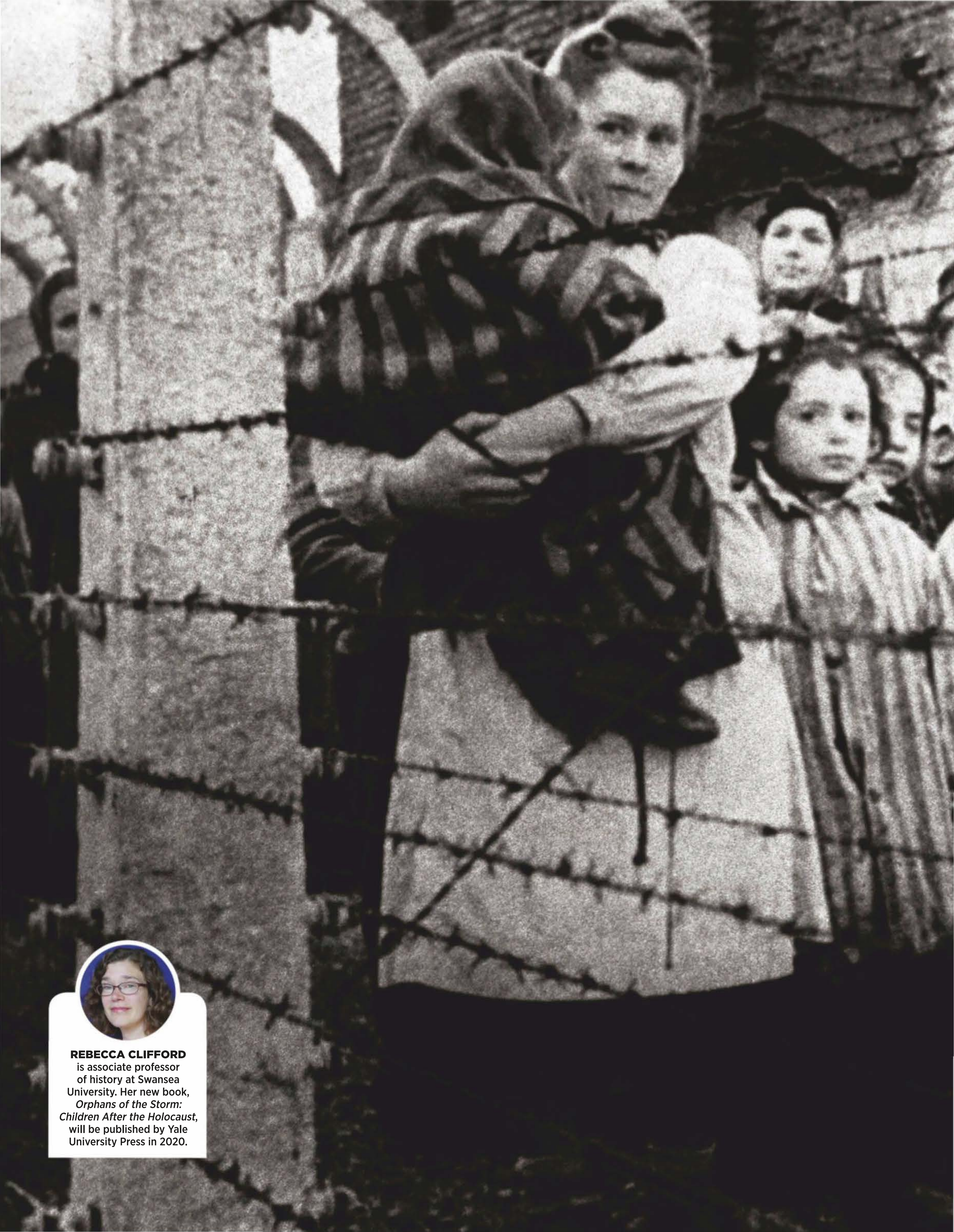
Z... is for Zepherina Smith

▲ A social reformer, Smith greatly advanced the education and training of midwives, especially those serving the poorer quarters of English society. After returning to England in 1871 from nursing duties in France during the Franco-Prussian War, Smith (née Veitch) trained and served as a midwife until she got married. Thereafter, she dedicated herself to improving midwifery standards, notably as president of the Midwives' Institute, later known as the Royal College of Midwives.

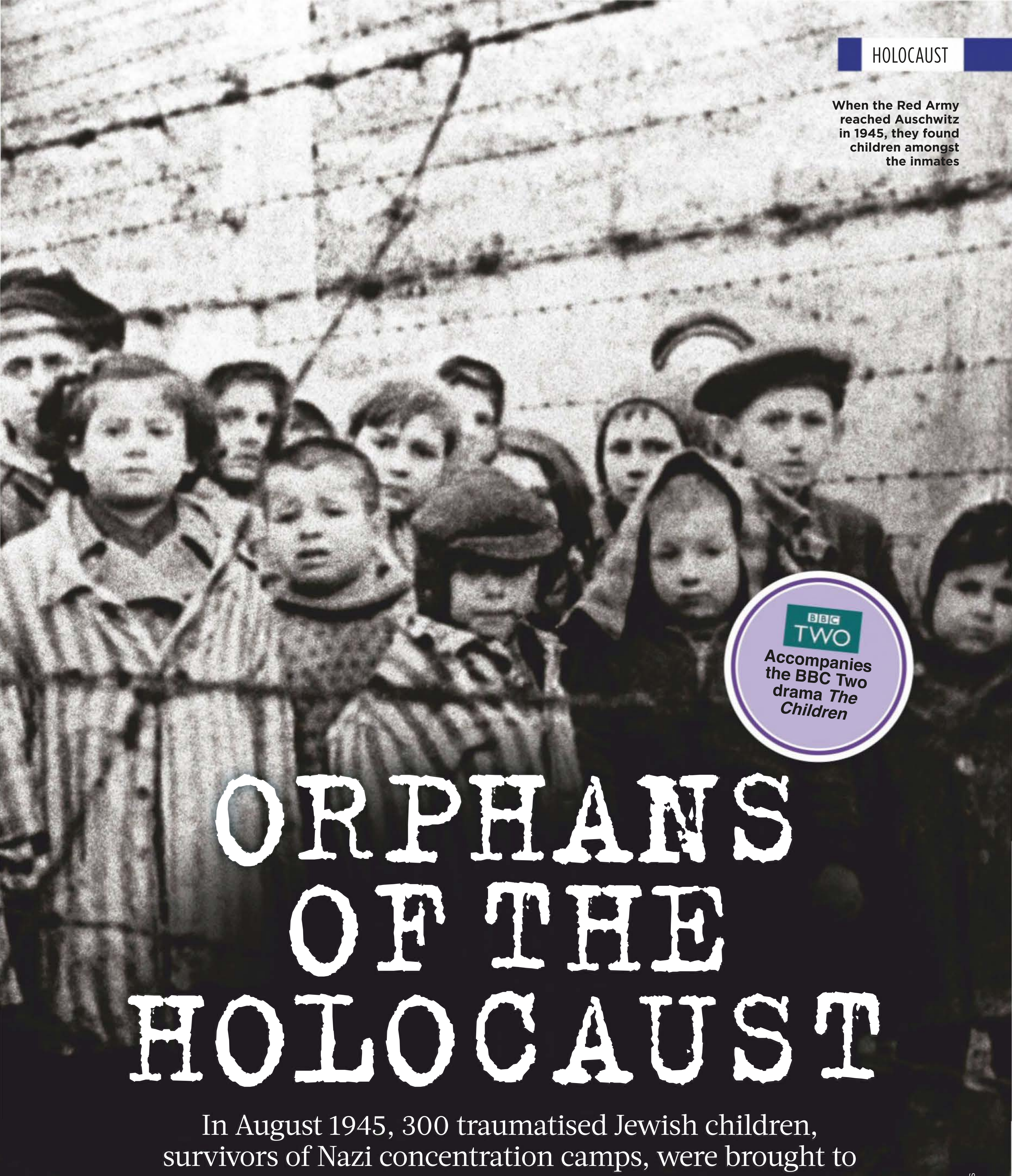
GET HOOKED

WATCH

BBC one The new series of *Call the Midwife* is scheduled for January (*see page 87*)



REBECCA CLIFFORD is associate professor of history at Swansea University. Her new book, *Orphans of the Storm: Children After the Holocaust,* will be published by Yale University Press in 2020.



When the Red Army reached Auschwitz in 1945, they found children amongst the inmates

Accompanies the BBC Two drama *The Children*

ORPHANS OF THE HOLOCAUST

In August 1945, 300 traumatised Jewish children, survivors of Nazi concentration camps, were brought to the Lake District. **Rebecca Clifford** tells the remarkable story of how they were helped to begin new lives

GETTY IMAGES

Psychoanalyst Anna Freud's War Nurseries came to the aid of children affected by conflict

Alice Goldberger, who, with aid agency the Central British Fund, led efforts to help children brought to Windermere

It was 15 August 1945, the day of Alice Goldberger's 48th birthday. Goldberger, a childcare expert who had come to Britain in 1939 as a Jewish refugee from Nazi Germany, was standing on the tarmac at the airfield in Crosby-on-Eden, near Carlisle, waiting to begin a radical new work assignment. She was so excited and so nervous that she had forgotten it was her birthday. This only entered her mind as she watched the sky for aeroplanes. Goldberger had spent the war years in London working at Anna Freud's War Nurseries (Anna Freud was Sigmund Freud's daughter, and the founder of the field of child psychoanalysis), caring for young children made homeless by bombing. She had years of experience working with psychologically troubled children, but she still worried that the task before her would test her skills to the limit. The planes she awaited were bringing 300 orphaned Jewish child survivors of Nazi concentration camps to Britain, and Alice was part of a team charged with helping these children to begin a new life.

Together with a staff of around 35 people, Goldberger had worked to prepare a temporary reception centre near Windermere for the children. They had repurposed a set of barracks built during the war for aircraft factory workers, and had scrubbed and rescrubbed the dormitories. The beds had crisp white sheets. Little bowls of sweets had been placed on the nightstands. The staff wanted the children to feel welcome, but none knew quite what to expect of these children who had been found in or near the liberated ghetto-camp of Theresienstadt in Czechoslovakia. They knew little about what had gone on in Hitler's concentration camps, but had all seen shocking photos in newspapers and footage in newsreels of the liberation of Bergen-Belsen and Buchenwald in April 1945: the corpses of the dead, and the starved and broken bodies of the living, peering out of skull-like faces, witnesses to conditions so horrific they stretched the human imagination. The children due to arrive that afternoon had seen the inside of the concentration camps. How would they behave? What would they need? Would the staff at Windermere be able to help them at all?

"AN ESTIMATED 90% OF EUROPE'S JEWISH CHILDREN WERE KILLED IN THE HOLOCAUST"

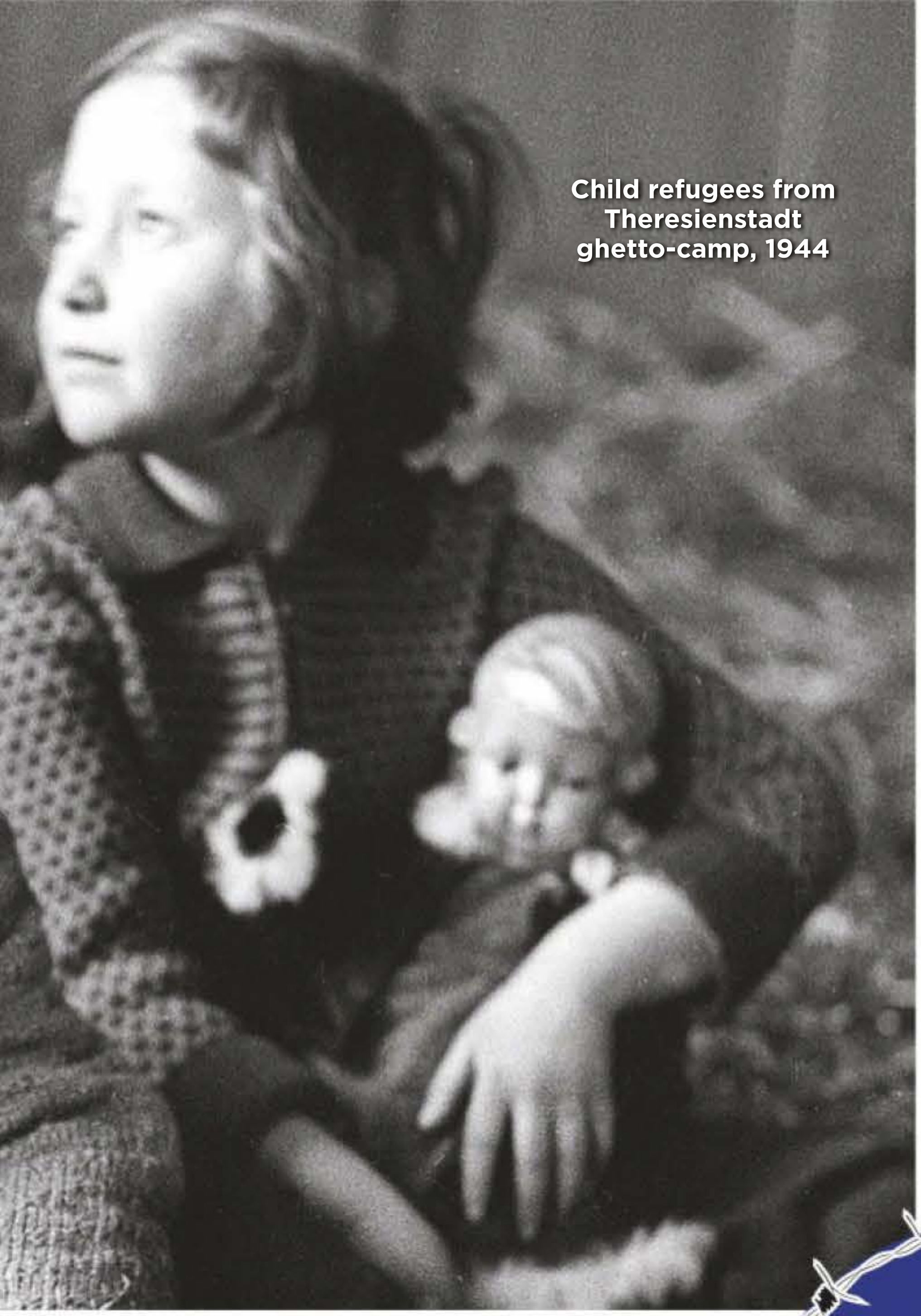
Expecting the children to be very young, Goldberger and her staff went around placing dolls and teddy bears on the beds. Then they waited for the planes. The hours crept by. The first plane arrived at around 4pm. The assembled crowd pressed forwards: staff, journalists from the local papers, customs officials and a welcoming party from the local Women's Voluntary Service. But to the surprise of those waiting, the children who stepped off the plane were teenagers. Plane after plane arrived, but there were no young children among the passengers. "We began to worry after so many planes of youths arrived that there would be no small children," Goldberger later wrote. "I thought about the dolls and bears in each of the beds, and what a joke that would be to these adolescents when they went to their beds." Finally, long after dark, the last two planes arrived, and among the passengers were nine children between the ages of four and ten, and six three-year-old toddlers.

THE YOUNGEST SURVIVORS

An estimated 90 per cent of Europe's Jewish children were murdered in the Holocaust. The roughly 150,000 children under the age of 18 who survived had seen periods in hiding, in ghettoes, and in forced labour and concentration camps, and many found that they were orphans at the war's end. Postwar efforts to help these children – alongside the estimated 13 million other European children who lost parents in the war – constituted one of the largest humanitarian aid projects in history.

At the liberation, children were found in many concentration camps, but most were older children who had been

FREUD MUSEUM LONDON X1, UNITED STATES HOLOCAUST MEMORIAL MUSEUM/COURTESY OF ZDENKA HUSSERL X1



Child refugees from Theresienstadt ghetto-camp, 1944

Theresienstadt

The Nazi ghetto-camp of Theresienstadt, established in November 1941, was used for a variety of purposes. It was a transit camp for Czech Jews before they were deported onwards to killing centres and concentration camps in the east; it was a ghetto where people were imprisoned and forced to work; and, in the end, it was a dumping ground for prisoners from other camps as the Nazi empire collapsed. Most significantly, however, it was a propaganda exercise meant to hide the true nature of Nazi deportations.

In October 1941, Reich Main Security Office (RSHA) chief Reinhard Heydrich proposed using the garrison town of Terezin as a 'settlement' for German, Austrian and Czech Jews who were either elderly, highly decorated war veterans or celebrities. Heydrich intended Theresienstadt as a decoy, meant to convince the world that elderly Jews were being sent to a 'spa town' rather than to a holding pen and prison.

This deception went far. In June 1944, the International Red Cross was allowed to visit Theresienstadt. Before the visit, the town was 'beautified': gardens were planted, houses painted and a programme of cultural events was put in place. Red Cross officials fell for the trick. As soon as their visit was over, deportations to the east recommenced, where most former inmates of Theresienstadt were murdered.

Nevertheless, Jewish people imprisoned in Theresienstadt managed to maintain a degree of normalcy in the camp – and this was particularly true for children. The camp's Jewish Council worked to construct a system of children's homes, the Kinderheim, where children were insulated from starvation and disease. They were not protected from onward deportation, however, and of the 15,000 children who passed through Theresienstadt, an estimated 90 per cent were killed. There were 1,600 surviving children in the camp when Czech health workers entered on 4 May 1945. Of the thousands of children deported eastwards from the camp, a mere 142 survived.

DID YOU KNOW?

The Austrian composer Viktor Ullmann (b1898) wrote many significant works at Theresienstadt, music that has largely been preserved. On 16 October 1944, he was deported to Auschwitz, where he died in the gas chambers.

A young former inmate of Bergen-Belsen concentration camp, photographed shortly after the camp's liberation by the British Army

Survivors of the camp at Gunskirchen Lager, reached by troops of the US 71st Infantry Division in May 1945

The entrance to Theresienstadt bears the infamous, chilling slogan "Arbeit macht frei" ("Work sets you free")

ALAMY X1, GETTY IMAGES X3

admitted to the camps to work as slave labourers. For the teenagers who arrived at Crosby-on-Eden on that day in August 1945, Theresienstadt had been but a brief final destination after two-year or three-year sagas that had taken them through many different concentration camps, including Auschwitz and Buchenwald. They had been sent westwards on death marches as Allied forces approached, for by the spring of 1945, there were few other places in the dwindling area of German control in which large numbers of people could be held captive.

By the final days of April 1945, Theresienstadt had become a dumping ground for survivors of other camps, bringing with them infectious diseases such as dysentery and typhus. Moniek Goldberg, one of the teenage boys who was brought to Windermere, recalled that Theresienstadt was "a nightmare". "People were dying like so many flies," he remembered. "A lot of people had dysentery and were too weak to use the toilets. We could barely distinguish the living from the dead. But the worst of all was the stench. It was unbearable."

Unlike the adolescents, the young children brought to Britain from Theresienstadt had been captives in the ghetto-camp for years – indeed, none had any memories of life before the camp. In Theresienstadt, they had been housed in a special facility for infants, separated from their families and cared for by other inmates. Most of these children later had only hazy memories of the camp, but several remembered "lots of large rooms, with lots of beds", and a few recalled strange events such as being made to walk around naked in the spring sunshine – a cynical attempt on the part of the camp's guards to brighten the children's pale, nutrient-deprived complexions in anticipation of a visit from the Red Cross in June 1944. In September and October 1944, the infants' home and children's homes in Theresienstadt were liquidated, and the majority of the camp's children were sent eastwards to Auschwitz, where almost all were murdered upon arrival. Roughly 800 children remained, including the children who eventually made their way to Britain.

A TEMPORARY NEW HOME

It was not natural or inevitable that these child survivors of the Holocaust should have come to Britain. Home Office officials were in fact quite reluctant to allow even small numbers of child survivors into the country. But British Jewish aid workers were persuasive. These workers had, after all, ensured that nearly 10,000 children had been rescued from central Europe in 1938 and 1939, and brought to Britain via the Kindertransport scheme. In May 1945, philanthropist Leonard Montefiore, one of the founders of the Central British Fund (the key aid agency overseeing the children's rescue, which exists today as the humanitarian and development charity World Jewish Relief) had gone to Paris, where he had seen some of the first liberated concentration camp survivors. "I had never seen anything so ghastly in my life," he later wrote. "The people I saw were like corpses who walked. I shall never quite forget the impression they made."

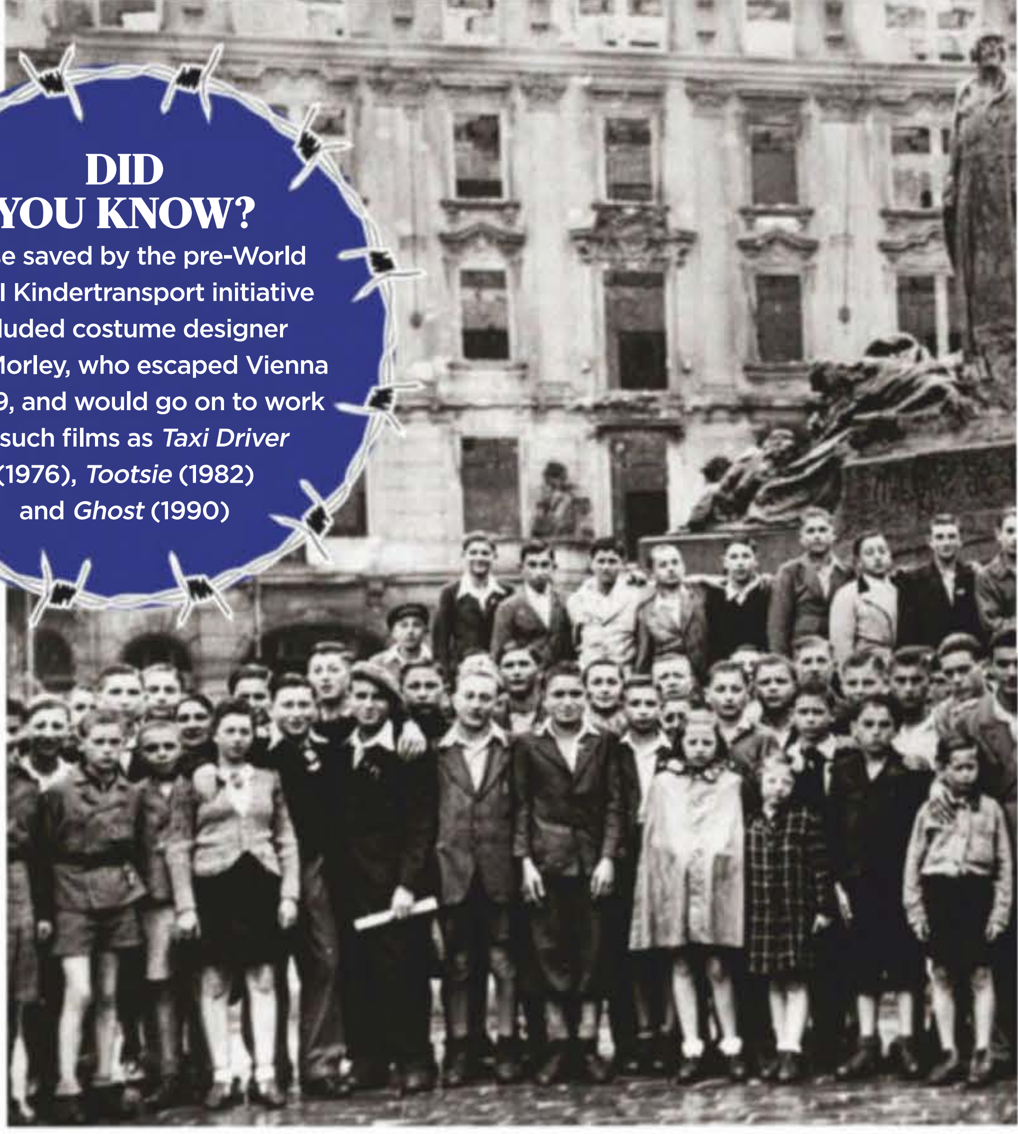
Montefiore managed to persuade the Home Office to allow 1,000 children under the age of 16 to be brought to Britain for recuperation. All were to be granted temporary two-year visas, for Home Office officials insisted that the children should eventually move on. Nor was the government willing to put up any of the costs, so the considerable funds needed for the rescue effort came entirely from donations from Britain's Jewish community.

The next challenge was finding suitable children for the scheme. The Home Office had specified that the children must be under 16 but in the end, because few of the children had birth certificates or any other form of identification, many were older. The Home Office also specified they must be free of contagious diseases, but some were later found to have tuberculosis. In July 1945, news reached London that several hundred children had been saved from Theresienstadt and were healthy enough to make the trip to Britain. The Central British Fund rushed to prepare the Windermere reception centre. In August the children arrived, carried from the continent in specially adapted British bombers.

"DIFFICULT TO HANDLE"

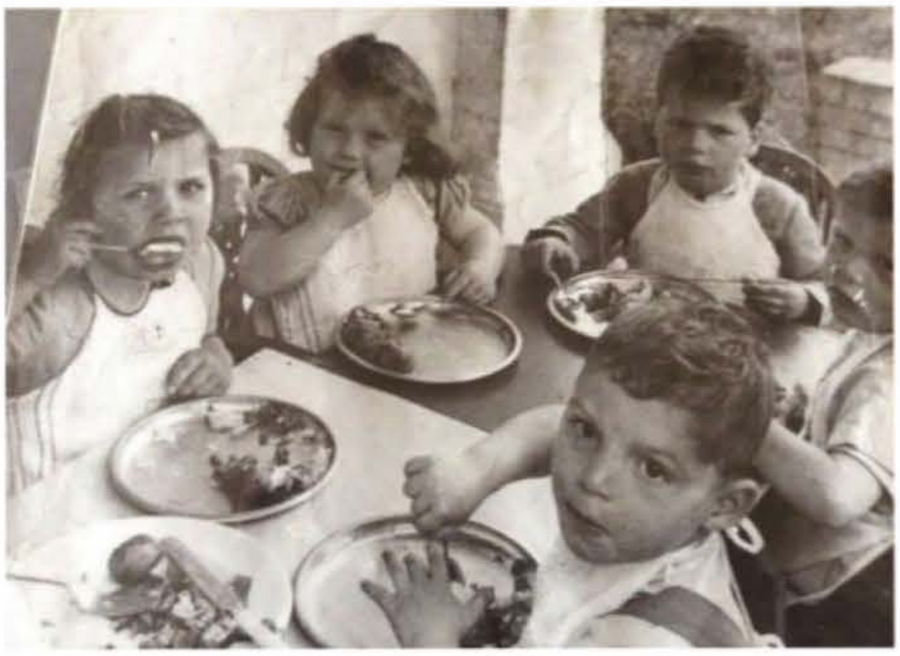
On the day of the children's arrival, Leonard Montefiore later recalled, "I still had in my mind the walking skeletons, with sunken eyes and yellow parchment skins, I had seen in Paris a few months earlier. It was a shock and a pleasant surprise to see the first batch get out of the planes, looking much fitter and stronger than anything we had expected." The children had in fact had two months' recovery time, in liberated Theresienstadt and then in Prague, to eat nourishing food and regain some of their strength. Some of the youngest children remembered with delight that they had been given ice cream in Prague, tasting this "marvellous pink confection" for the first time. Nonetheless, the children's bodies showed signs of damage from malnutrition: of the six toddlers, two had damage to their eyes from nutrient deficiency and another toddler had trouble walking.

Alice Goldberger and her staff at Windermere soon decided that because the young children were so few in number, it would be best for them to be moved into their own dedicated facilities



DID YOU KNOW?

Those saved by the pre-World War II Kindertransport initiative included costume designer Ruth Morley, who escaped Vienna in 1939, and would go on to work on such films as *Taxi Driver* (1976), *Tootsie* (1982) and *Ghost* (1990)

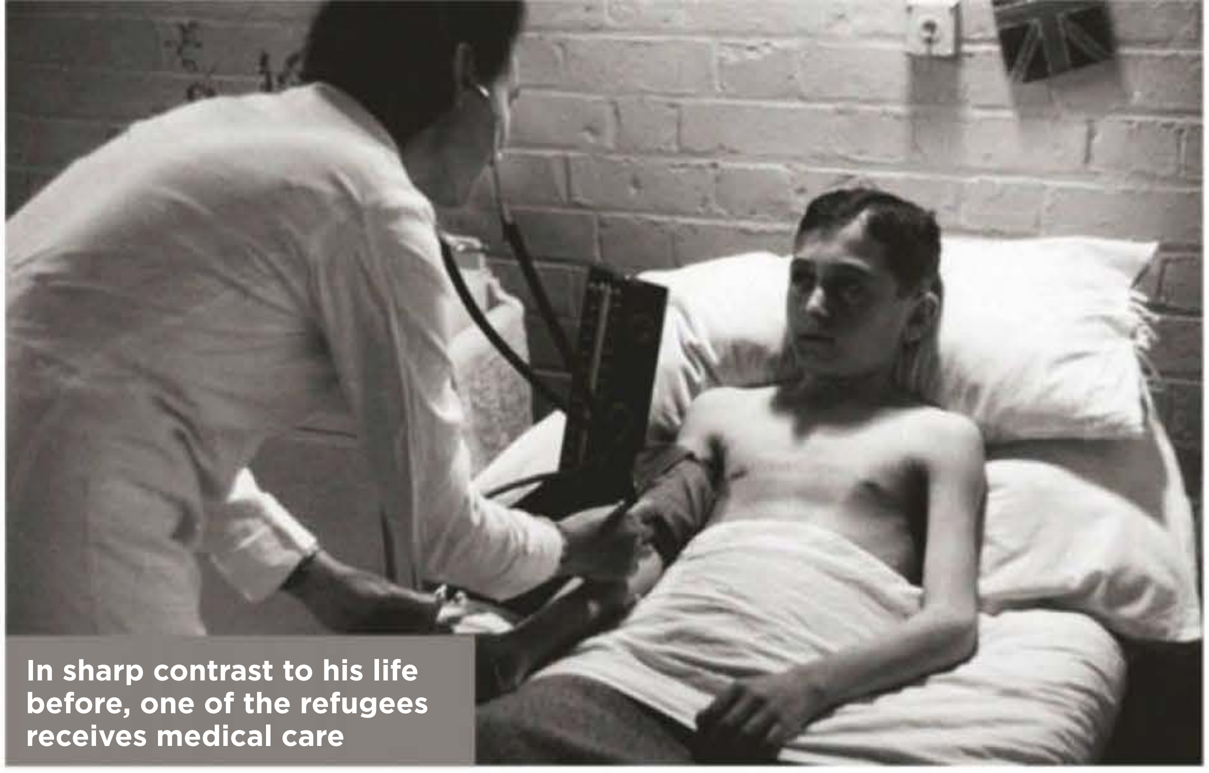


"IT WAS NOT INEVITABLE THAT THESE CHILD SURVIVORS WOULD COME TO BRITAIN"

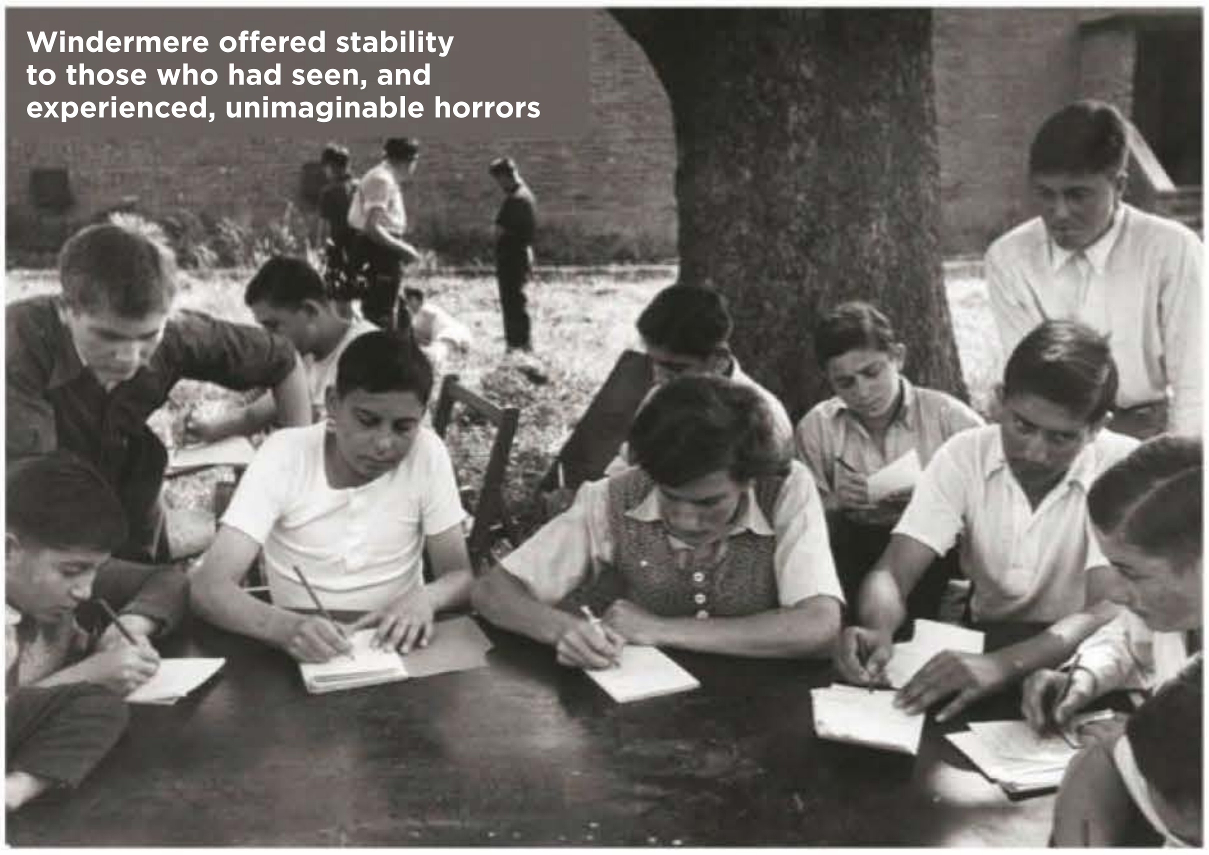
ABOVE TOP: **The children who were flown to the UK pictured in Prague prior to their departure**

ABOVE: **Five of the six Bulldogs Bank toddlers (*clockwise from left*): Judith, Bela, Jackie Young, Berli and Gadi**

JEWISH MUSEUM LONDON X1, COURTESY OF JACKIE YOUNG X1



In sharp contrast to his life before, one of the refugees receives medical care



Windermere offered stability to those who had seen, and experienced, unimaginable horrors

Two survivors relax in 1946

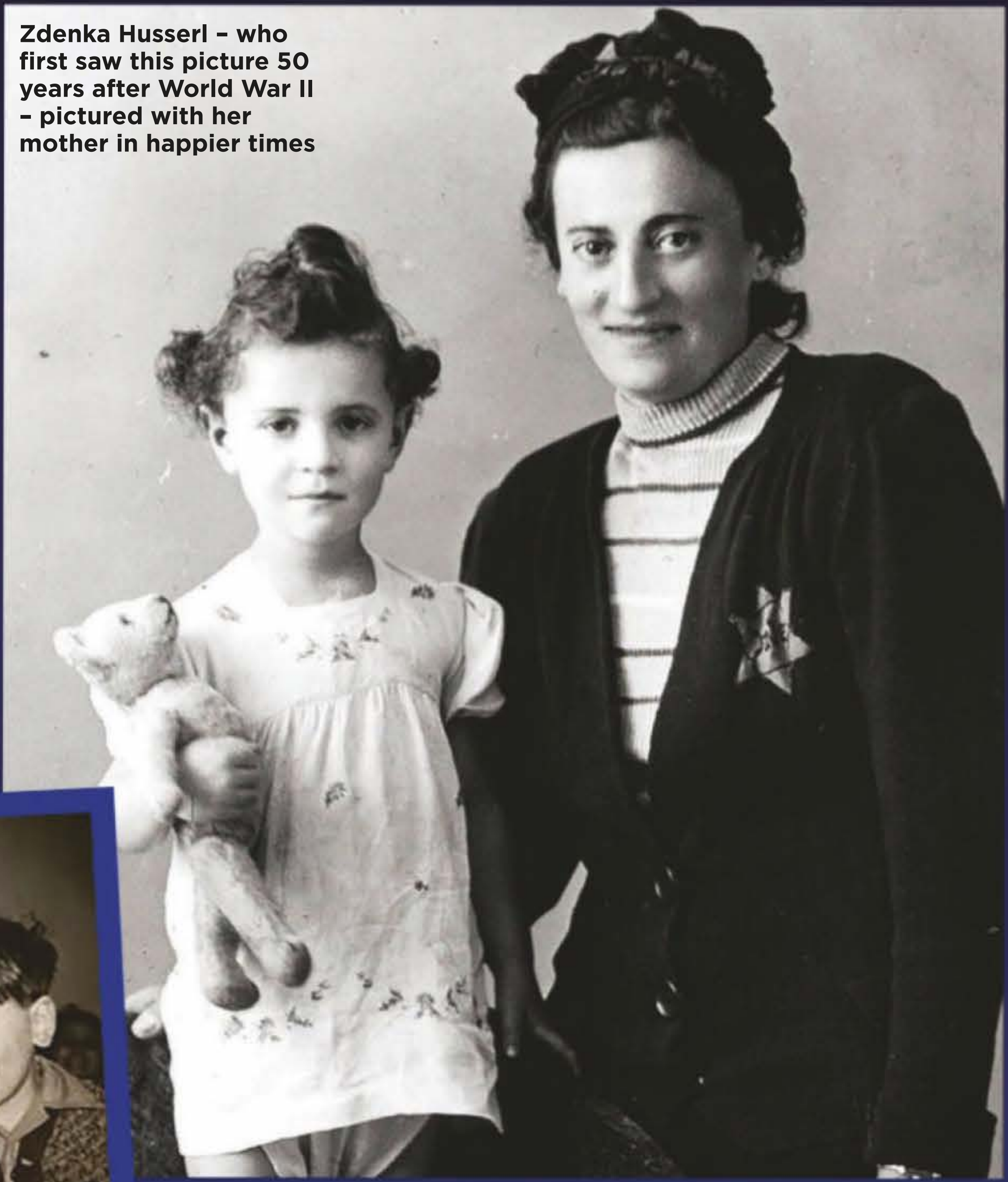
The Calgarth Estate, Cumbria, where youngsters were housed, was originally built to house workers at a nearby flying boat factory

GETTY IMAGES X4

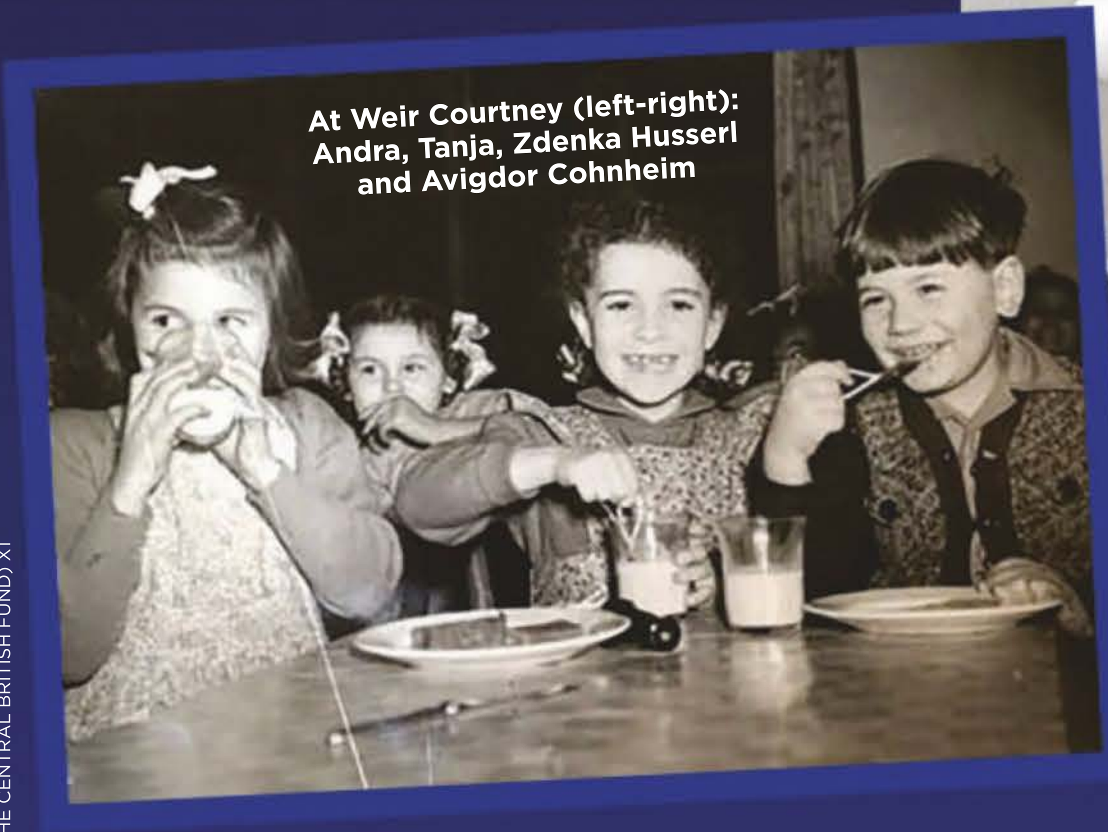
New lives

ZDENKA HUSSERL

▶ Zdenka Husserl was born in Prague in February 1939; her parents were called Helena and Pavel. When Zdenka was only two years old, her father was deported to the Lodz ghetto, where he perished. In November 1942, Zdenka was deported with her mother to Theresienstadt, and her earliest memories are from the camp. She particularly remembers screaming as her head was shaved. Zdenka was separated from her mother in the camp; she learned years later that Helena was deported to her death in Auschwitz in 1944. Zdenka was six years old when she was liberated, and soon found herself in Windermere. In December 1945, she went to live at Weir Courtney under Alice Goldberger's care, where she spent the rest of her childhood. "We had as happy a childhood as any normal child," she recalls.



Zdenka Husserl – who first saw this picture 50 years after World War II – pictured with her mother in happier times



At Weir Courtney (left-right): Andra, Tanja, Zdenka Husserl and Avigdor Cohnheim

AVIGDOR COHNHEIM

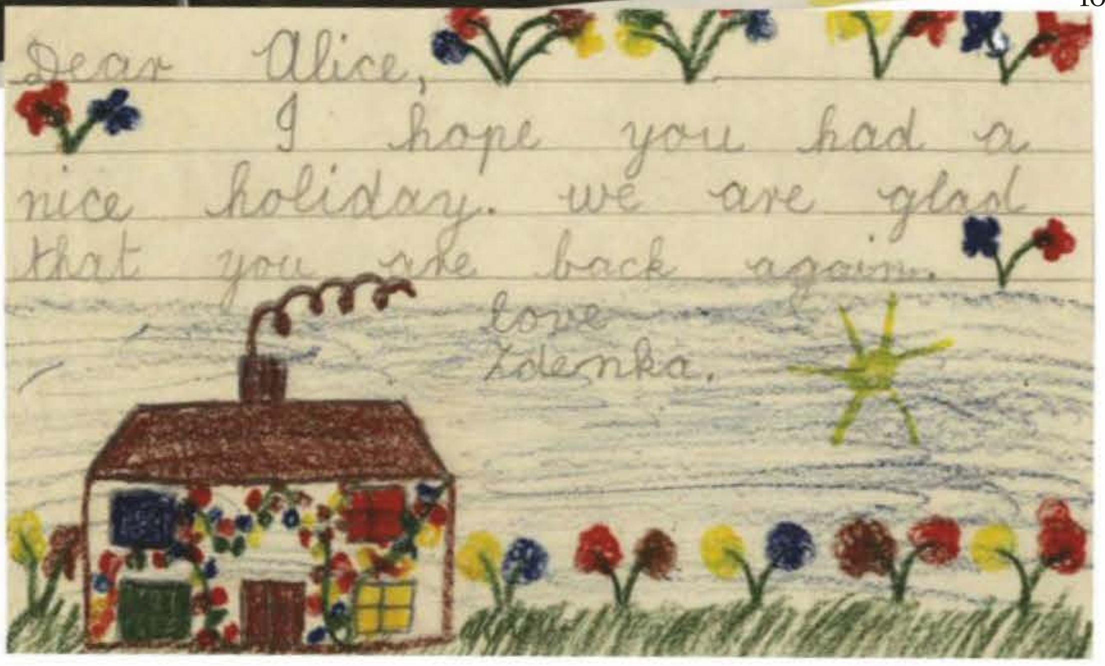
▲ Avigdor Cohnheim was born in April 1941 in Berlin. Circumstances surrounding his early months and years are unclear. He was deported to Theresienstadt alone in June 1943, as a two-year-old toddler. He had just passed his fourth birthday when he was liberated and brought to Windermere. From there, he went to live in the Weir Courtney care home with Alice Goldberger and her staff. In 1946, Alice received some surprising news: Avigdor's mother had survived and was living in Austria. But as was the case for thousands of other child survivors of the Holocaust whose parents also survived, there was to be no happy reunion for Avigdor and his mother. His mother was too emotionally troubled to commit to his care, and he did not see her again until 1959 when, in his late teens, he emigrated to the United States to try to live with her. "It was not what I thought it would be like," he recalled. "There were times when I wondered what I was doing there."

JACKIE YOUNG

◀ Jackie Young was born in Vienna in December 1941, and deported to Theresienstadt when he was only nine months old. He was three years old at the time of liberation, and was sent with the other toddlers to Bulldogs Bank after his arrival in England. A Jewish family in London adopted him when he was five. Like many adoptive parents of the era, Jackie's new mother and father did not tell him about his past, and so he learned the truth through a series of shocking, accidental revelations. When he was around ten years old, a schoolmate revealed that Jackie was adopted; a few years later, Jackie learned that he had not been born in Britain. Most shocking of all, he learned only when he was 20 that he had survived a Nazi concentration camp and that his real name was Jona Spiegel. He has worked for decades to learn more about his birth mother, Elsa, and his family of origin, all of whom the Nazis murdered.

COURTESY OF JACKIE YOUNG X1, WORLD JEWISH RELIEF (FORMERLY THE CENTRAL BRITISH FUND) X1

Several of the survivors under Alice Goldberger's care at Weir Courtney stayed with her throughout their childhoods



Dear Alice,
I hope you had a
nice holiday. we are glad
that you are back again.
love
Zdenka.

ABOVE: **A drawing and note show Zdenka Husserl's affection for Alice Goldberger**

as quickly as possible. Through Anna Freud's connections, a home was found for the six toddlers: after two months in Windermere, they moved into Bulldogs Bank, a cottage in West Hoathly, where they were cared for by German-Jewish emigré sisters Sophie and Gertrud Dann, who took careful notes on their behaviour. The Dann sisters noted that the toddlers were suspicious of adults, but had formed strong attachments to each other. They were "aggressive" and "difficult to handle", but equally nurturing and protective of the others in the group, in a way that is rarely true of ordinary siblings. Anna Freud later used the Dann sisters' notes on the toddlers as the basis for her paper *An Experiment in Group Upbringing*, in which she argued that the group had taken on some of the normal functions of parents for the Theresienstadt infants, deprived as they were of their own parents, and of any adequate parental substitutes. Published in 1951, the paper remains to this day a core text in the field of child psychology.

After the six toddlers were settled into Bulldogs Bank, Alice worked to secure a home for the remaining nine children who were between the ages of four and ten. Sir Benjamin Drage, a philanthropist who owned a chain of furniture stories, donated part of Weir Courtney, his estate in Lingfield, Surrey, for this purpose – and Alice herself volunteered to act as matron. Alice, her staff, and the children moved into Weir Courtney in December 1945, the children arriving to a house lit up with candles for the first night of Chanukah, which commemorates the second century BC rededication of the Second Temple in Jerusalem. Many later recalled their wonder at arriving at the beautiful, huge house at night to see its many windows shining with candlelight.

> "THE TODDLERS WERE NURTURING AND PROTECTIVE OF OTHERS IN THEIR GROUP"

Other children later joined the nine Theresienstadt children at Weir Courtney. Early in 1946, two additional groups of young child survivors arrived: some were survivors of Auschwitz, and some had survived the war in hiding and in orphanages. The Bulldogs Bank toddlers also joined the older children after a year.

What became of these children under Alice Goldberger's care, these young survivors of the Holocaust for whom Britain was meant to be a temporary way-station en route to somewhere else? Of the six toddlers, five were adopted relatively soon after joining the older children at Weir Courtney (despite foreign-born children not being legally allowed to be adopted in Britain until the 1950s). Of those aged between four and ten who arrived on Alice's birthday in 1945, one girl was found by an uncle and aunt, and went to live with them – although she believed for many years that they were in fact her father and mother. One girl had pronounced developmental problems, and was eventually sent to live in a specialised home for children with learning disabilities. One girl was adopted.

The rest, two boys and four girls, stayed with Alice, as did several of the children who arrived in 1946. Indeed, some stayed with Alice even when their own birth parents turned up alive (see boxout). They became family to each other. And despite the Home Office's insistence that the children's stay in Britain was temporary, most went on to live the rest of their lives in Britain. Alice fought for their right to become naturalised citizens and those still under her care were awarded citizenship in 1954. ⊙

WATCH

The Children will be broadcast on BBC Two in January. Check listings for other programming to mark the 75th anniversary of the liberation of Auschwitz by the Red Army, which took place on 27 January 1945

UNITED STATES HOLOCAUST MEMORIAL MUSEUM/GIFT OF JUDITH SHERMAN X1, UNITED STATES HOLOCAUST MEMORIAL MUSEUM/COURTESY OF ZDENKA HUSSERL X2

BOOKS
OF
2019

Image: Shutterstock

ROBERT KIRCHUBEL
ATLAS OF THE
BLITZKRIEG
1939–41

Atlas of the Blitzkrieg
Robert Kirchubel
www.ospreypublishing.com
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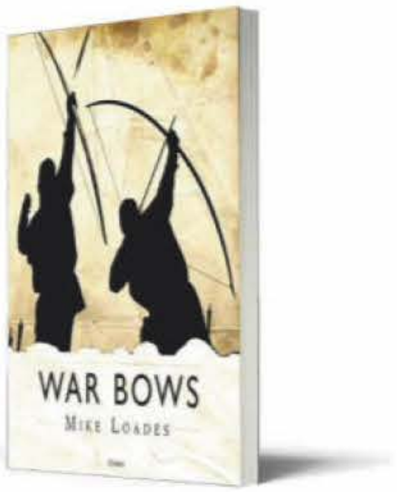
Atlas of the Blitzkrieg is a stunning cartographic guide to the infamous Blitzkrieg campaigns that brought Europe to its knees. Replete with nearly a hundred lavishly detailed maps, complemented by expert analysis, this impressive atlas documents the fighting and physical challenges faced by the German attackers and Allied defenders. It explores every aspect of the major campaigns, as well as lesser-known offensives in Scandinavia and the Balkans, and the naval and air wars in Europe.



War Bows
Mike Loades
www.ospreypublishing.com
/war-bows

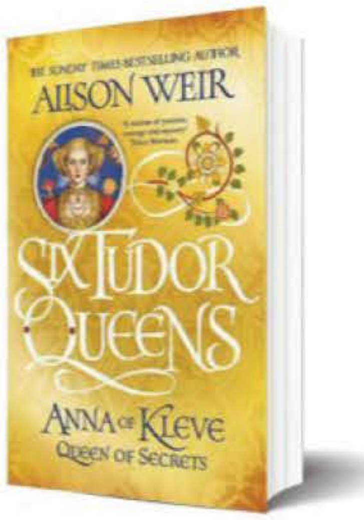
Combining a lifetime of hands-on experience with original scholarship and lavish illustrations, *War Bows* is an engaging and lively exploration of four of the world's most iconic bows – the longbow, the crossbow, the composite bow and the Japanese yumi. Acclaimed historical weapons expert Mike Loades offers a fascinating history of each bow's development and variants, an appreciation of what it was like to shoot and a detailed assessment of its role on the battlefield.

WILDSAM
THE MOON

A Field Guide to the Moon
Wildsam
www.wildsam.com

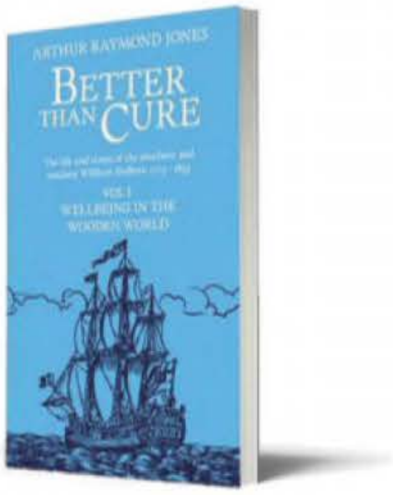
For all of human history, the Moon has captured the world's imagination. In this tribute volume, Wildsam explores the shared wonder of our celestial neighbour via archival storytelling, astronomical insight, essays, interviews and more.

Stories, intel and lore, including:
a short history of lunar photography; presidential aspirations and the space race; the Moon in literature, music and film; theologians and the heavens; poetry of the Moon; conspiracy theorists and moon legends.



Six Tudor Queens: Anna of Kleve, Queen of Secrets
Alison Weir
www.sixtudorqueens.co.uk

"Alison Weir transforms Henry VIII's much-maligned fourth wife into a woman of passion, courage and mystery" Tracy Borman. The fourth spectacular novel in the highly acclaimed *Six Tudor Queens* series by historian and *Sunday Times* bestselling author, Alison Weir. A German princess with a guilty secret. History tells us she was never crowned. But her story does not end there.

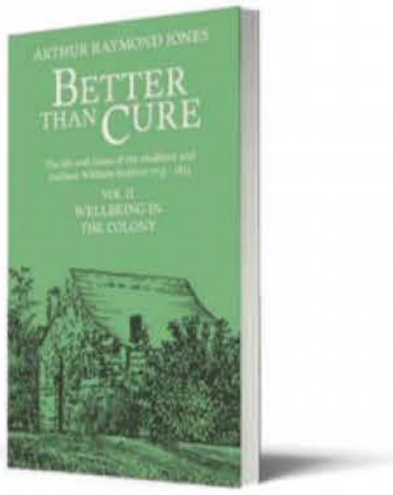


Better than Cure: The Life and Times of the Ebullient and Resilient William Redfern 1775–1833 Surgeon & Doctor. Volume I: Wellbeing in the Wooden World

Arthur Raymond Jones

www.bookreality.com/project/better-than-cure-vol-1/

William Redfern joined the Royal Navy as a surgeon's mate in 1797, the year of whole fleet mutinies. His participation in the Nore Mutiny saw him sentenced to be hanged; but three years later he was a convict in Sydney. This book transitions from naval vessel to convict transport and convict wellbeing.

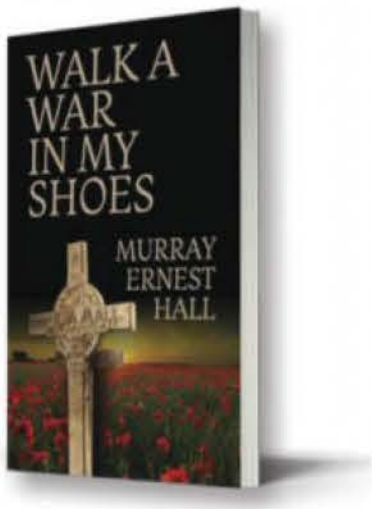


Better than Cure: The Life and Times of the Ebullient and Resilient William Redfern 1775–1833 Surgeon & Doctor. Volume II: Wellbeing in the Colony

Arthur Raymond Jones

www.bookreality.com/project/better-than-cure-vol-2/

William Redfern was appointed as the Assistant Colonial Surgeon managing the convict hospital at Sydney Cove in 1808. He contributed to health in the colony through his advocacy for hygiene, immunisation and nutrition, including adaptation of agricultural practices. His visits to the UK included medical studies in Edinburgh.

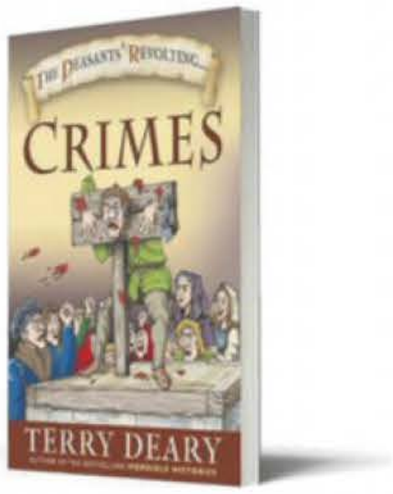


Walk a War in My Shoes

Murray Ernest Hall

www.bookreality.com/project/walk-a-war-in-my-shoes/

From the letters and diaries of Private Ernest Alfred Hall, comes his first-hand experiences of life on the Western Front. An ANZAC Digger in the truest sense, (he served as a tunneller and a sapper), the farm boy from country Victoria found himself in the midst of the death and destruction of the third Ypres campaign. On a ridge overlooking a place called Passchendaele. Follow Ernest on his journey and accept his invite to, 'Walk a War in My Shoes'.



The Peasants' Revolting Crimes

Terry Deary

Pen and Sword Books

Bestselling author Terry Deary takes us on a light-hearted and often humorous romp through the centuries with Mr & Mrs Peasant, recounting the foul and dastardly deeds of centuries past, as well as the punishments meted out by those on the 'right side' of the law. This entertaining book is packed full of revolting acts and acts of revolt, revealing how ordinary folk – from nasty Normans to present-day lawbreakers – have left an extraordinary trail of criminality behind them.

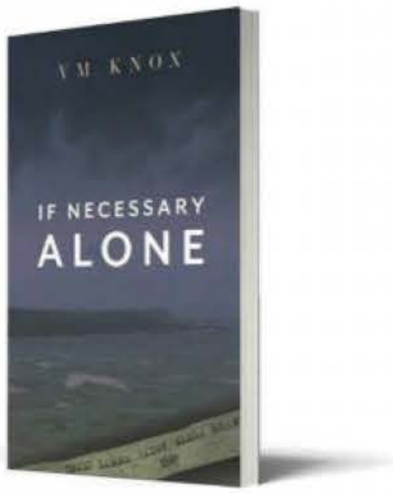
VM KNOX
IN SPITE OF ALL TERROR

In Spite of All Terror

VM Knox

Available from Amazon and Waterstones

In Spite of All Terror is the first in a series of thrillers that mix historical fact and crime fiction. Set in 1940, when Britain stood alone against imminent Nazi invasion, Clement Wisdom and other men from the restricted occupations, join the covert Auxiliary Units. Based in East Sussex, these men will become saboteurs and assassins. Following the murders of several of Clement's team, he becomes embroiled in the murky world of espionage where things are never what they seem.

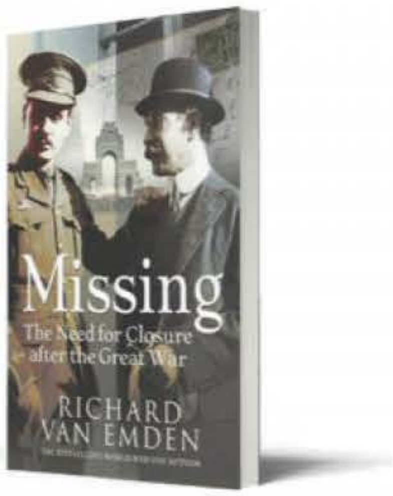


If Necessary, Alone

VM Knox

Available from Amazon and Waterstones

If Necessary, Alone is the second in this series of WWII thrillers. Clement Wisdom, a Major in Special Duties Branch, Secret Intelligence Service is sent to remote Caithness to investigate illicit encrypted radio transmissions. As soon as he arrives there, an out-station wireless operator is found murdered and Clement becomes entangled in a web of death and silence. Alone, and in the bitter Scottish winter, Clement must stay one step ahead of a killer, if he is to remain alive.

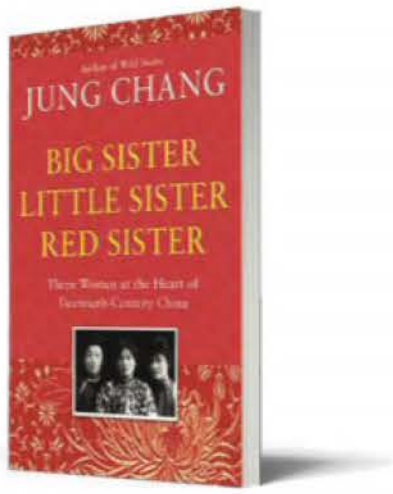


Missing: The Need For Closure After The Great War

Richard Van Emden

Pen and Sword Books

How long would you look for a missing son, even if you knew he was dead? Angela Mond's son, an RAF pilot, had been shot down and killed, but where was his body? Missing is a sweeping, epic story that is as resonant and relevant today, as a hundred years ago. Bestselling author Richard van Emden tells Angela's gripping story, exploring its wider implications and repercussions.



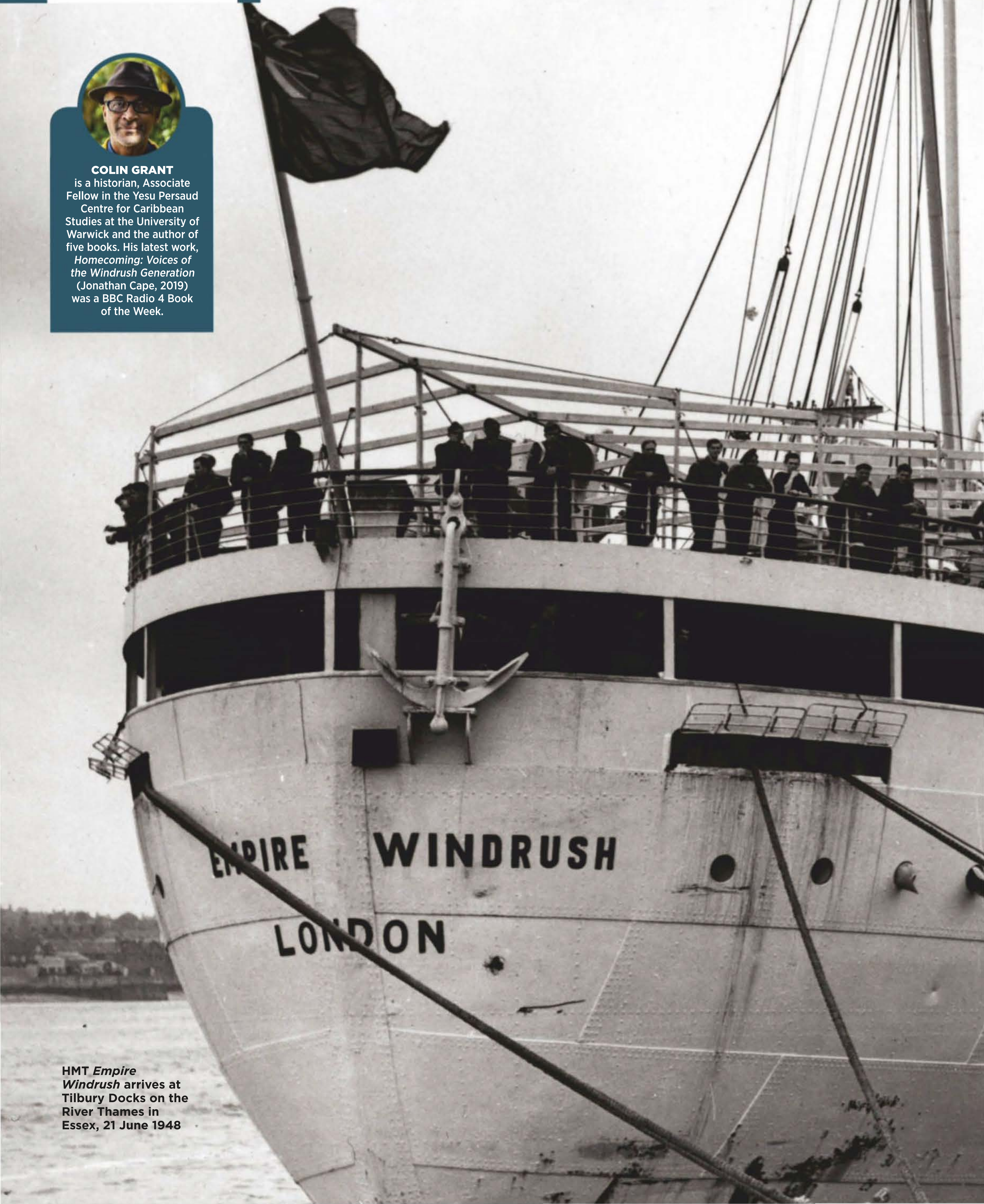
Big Sister, Little Sister, Red Sister

Jung Chang

www.jungchang.net

This new biography by the internationally bestselling author of *Wild Swans* tells the extraordinary story of the Soong sisters. As China battled through a hundred years of wars, revolutions and seismic transformations, Ei-ling ('Big Sister'), May-ling ('Little Sister') and Ching-ling ('Red Sister') were at the centre of power, and each of them left an indelible legacy. Hailed as 'another triumph' (*Evening Standard*), 'gripping' (*Daily Mail*) and 'a monumental work' (*Spectator*).

COLIN GRANT is a historian, Associate Fellow in the Yesu Persaud Centre for Caribbean Studies at the University of Warwick and the author of five books. His latest work, *Homecoming: Voices of the Windrush Generation* (Jonathan Cape, 2019) was a BBC Radio 4 Book of the Week.



HMT *Empire Windrush* arrives at Tilbury Docks on the River Thames in Essex, 21 June 1948

PODCAST
Colin Grant discusses West Indian migration at historyextra.com/podcast

BOUND FOR BRITAIN

The arrival of HMT *Empire Windrush* on 21 June 1948 marked the start of an immigration boom that would change the face of Britain forever. **Colin Grant** charts this remarkable story

DOMINIC MARTLEW X1, GETTY IMAGES X1

Postwar Jamaica was a hard place to make a living

In 1947, after serving in the RAF, Sam King returned to Jamaica on board the SS *Almanzora*. Along with thousands of Caribbean people, he'd volunteered to do his bit for king and country in the fight against Nazi Germany. Though he'd only been absent for a few years, half a mile out from Kingston Harbour, King was shocked when reminded of the depth of poverty on the island: "There were young men diving into the sea to fetch coins thrown overboard by tourists as they came in on the big cruise ships." He recalled the desperation that forced Jamaicans to risk their lives for pennies and shillings: "Pitiful, yes. But for the tourists it was entertainment."

The same sentiment is expressed by all West Indians who reflect on that time. There's a catch in their voices – of sadness and bewilderment as they remember their younger selves, roaming the streets proudly clutching their certificates looking for a non-existent 'position'. The future looked bleak.

When, soon after his return, King saw an advert in the local paper, *The Daily Gleaner*, for passengers to travel to England for the special price of £28 10s on the HMT *Empire Windrush* in May 1948, the former engineer was adamant that he had to take the opportunity and get away from Jamaica. "We had to sell three cows for the fare but I said to myself 'I am going to London.'"

BRITAIN NEEDS YOU

There were jobs to be had in Britain. After the destruction caused by World War II, with its bombed out cities and mountains of rubble, the country needed rebuilding. Added to which there was a shortage of labour, in part fuelled by the outward migration of Britons – some several hundred thousand in the aftermath of the war. In 1947, Winston Churchill implored the more than half a million "lively and active citizens in the prime of life" who had applied to emigrate to mostly white Commonwealth countries - Australia, New Zealand, Canada and South Africa - not to desert Britain. "We cannot spare you!" he warned.

SAM KING MBE b.1926

Passenger Sam King was one of the founders of Notting Hill Carnival

"After the destruction of WWII, Britain needed rebuilding"

But such pleas fell on deaf ears. Over the next two decades Irish, Indian, displaced European and West Indian people would take their place. They could readily live and work in Britain because they held British passports, and because of the British Nationality Act of 1948, which established that all subjects connected to Britain or a British colony

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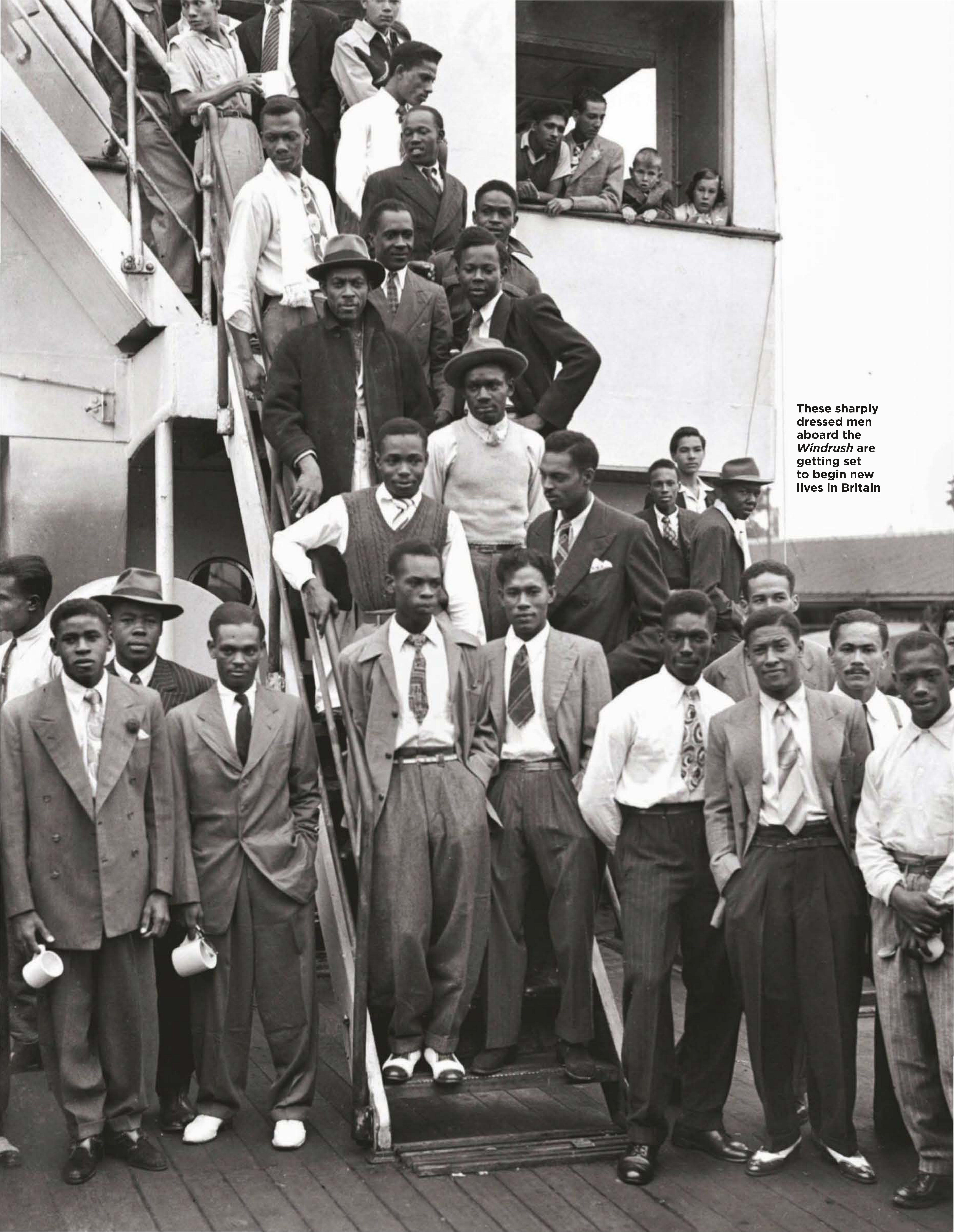
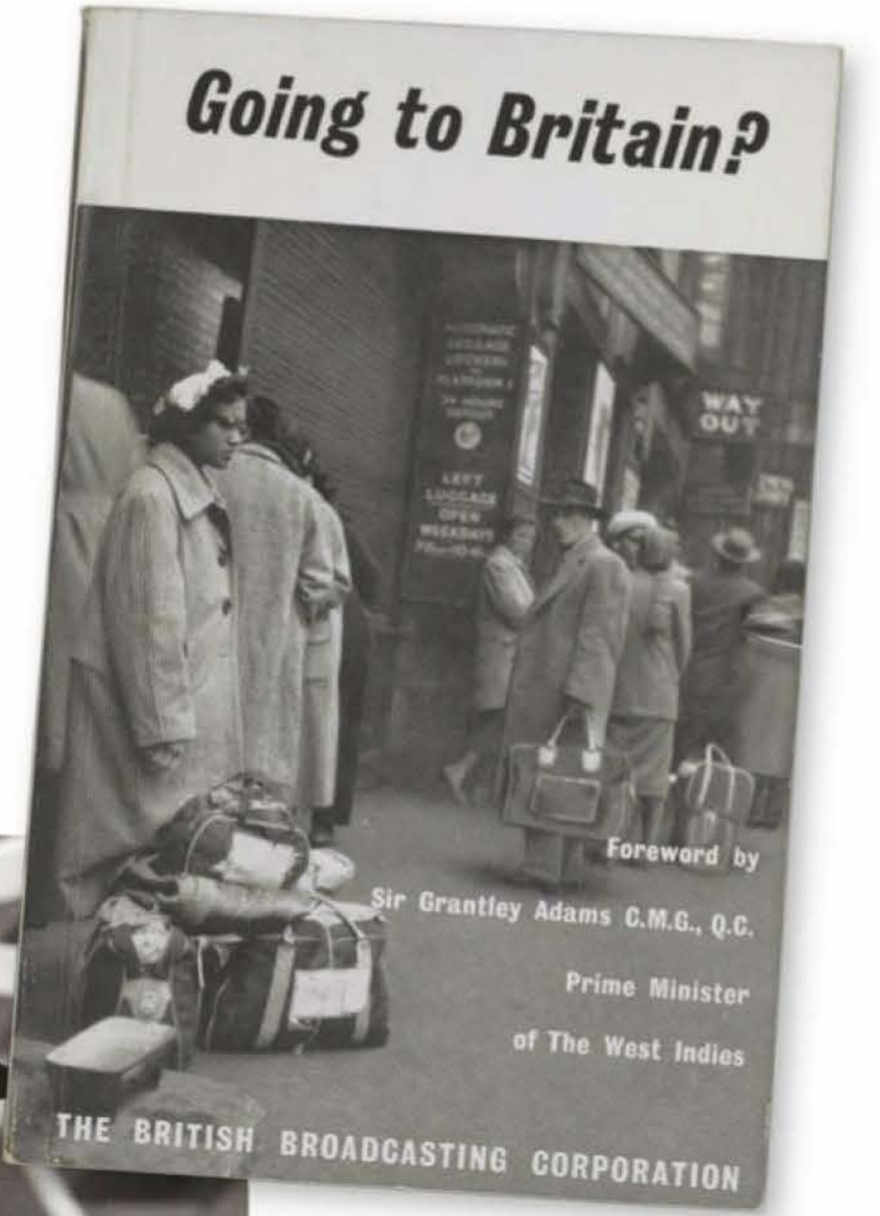


These sharply dressed men aboard the *Windrush* are getting set to begin new lives in Britain

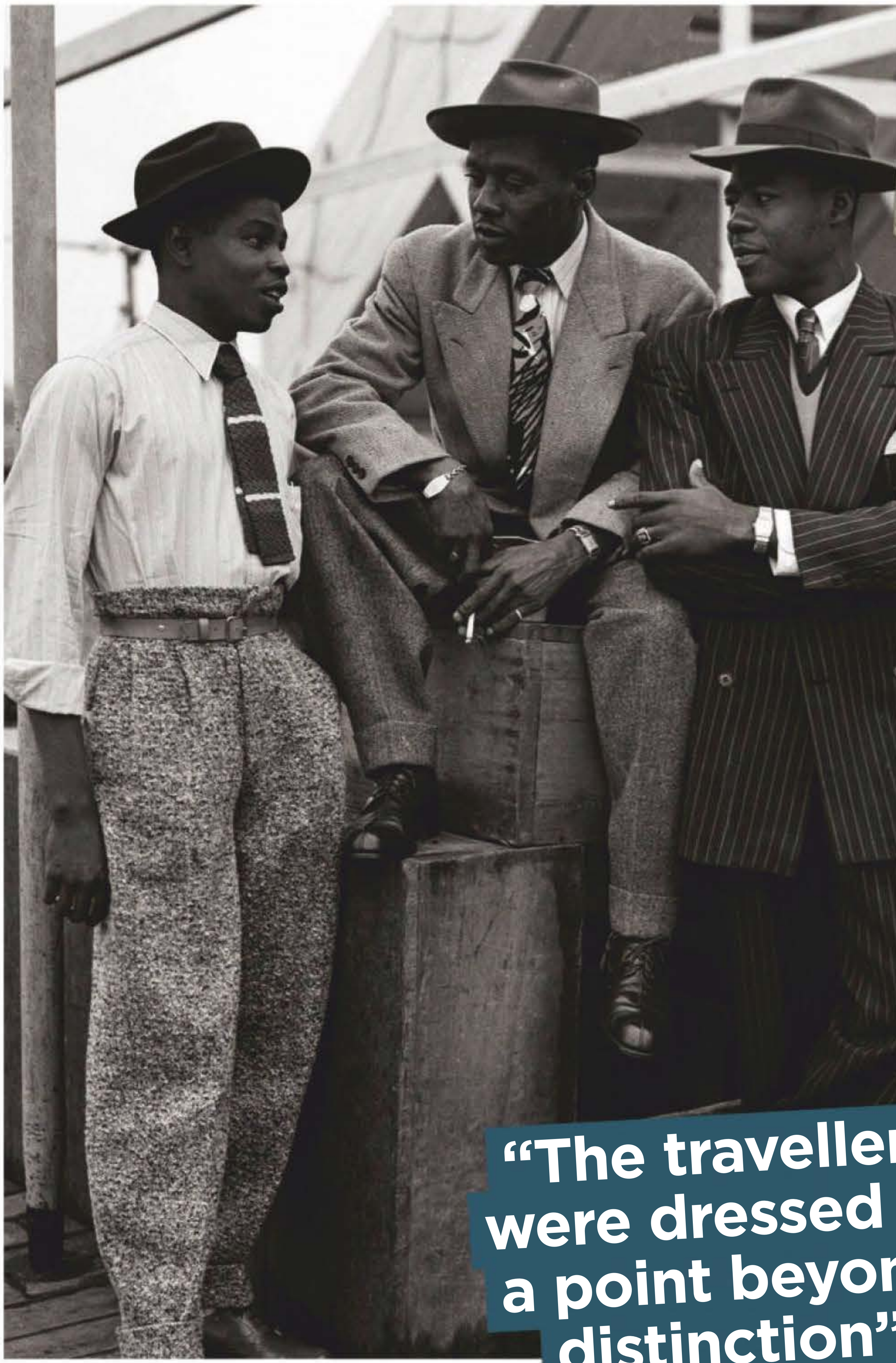
were legally entitled to live there as British citizens. The focus on the arrival of the *Windrush* on 21 June of that year, almost as a foundation story, is in part explained by the fact of it being the first ship to arrive carrying migrants after the passing of this new Act.

The attention given to passengers on the *Windrush* must have been both bewildering and reassuring. During the peak of migration, various booklets were published and sent to the Caribbean to give would-be adventurers an idea of what would be in store for them when they arrived. The BBC's handy little pamphlet – *Going to Britain?* – was one such guide. "In the shop or in the store, wherever you go you will most likely find people standing one behind the other waiting for service," readers were told. "They call this line a queue, and your place in this 'Q' is Z – that is at the end of the line." They were also warned: "Do not put on your best clothes for landing."

But the travellers, like those captured on Pathé News disembarking from the *Windrush* at Tilbury Docks in Essex, clearly ignored the advice; they were dressed to a point beyond distinction. Their glamour has been preserved forever, as well as their youth – the average age of Caribbean passengers on the *Windrush* was 24.


Going to Britain?
Foreword by
Sir Grantley Adams C.M.G., Q.C.
Prime Minister
of The West Indies
THE BRITISH BROADCASTING CORPORATION
WAY OUT

ABOVE: **This BBC-issued pamphlet helped prepare migrants for a new life in Britain**



LEFT: **Suavely dressed in suits and hats, many *Windrush* passengers chose to ignore official advice to not wear their best clothes**

> **"The travellers were dressed to a point beyond distinction"**

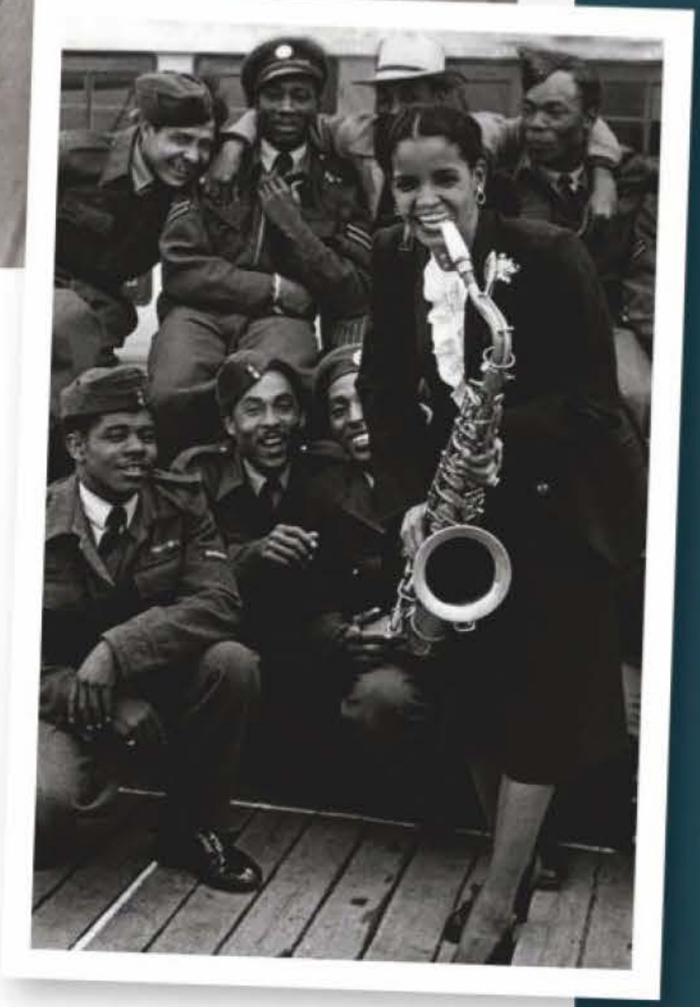
ALAMY X1, BBC X1, GETTY IMAGES X1, TOPFOTO X1

But the imagery of the *Windrush* has obscured other stories – not least those of women, overlooked by newspapers that reported the arrival of Jamaican men as "500 pairs of willing hands." Notwithstanding that the majority of passengers, including other islanders like the Trinidad musician Lord Kitchener, were men, there were also more than 250 women on board. Among them was a stowaway whose plight moved Lord Kitchener and the Blues singer Mona Baptiste. They and other musicians on board staged a concert to raise money for her fare, so she wouldn't be arrested when the *Windrush* docked at Tilbury.

INGRAINED CULTURE

For many, arriving in England was a kind of homecoming. Almost all of the elders I interviewed for *Homecoming*, my oral history of Caribbean migration, fundamentally considered themselves to be British. They knew how to fold the Union Jack; all of the history and poetry they learned by rote at school was British – Kipling, Keats, Shelley and Wordsworth were particular favourites.

George Mangar recalls the obligatory



standing for the British national anthem at the end of any film screening when he was growing up in British Guiana (now Guyana). On arrival in Britain, he was disturbed to witness that when he went to a cinema, all of the audience apart from him remained in their seats as the credits rolled.

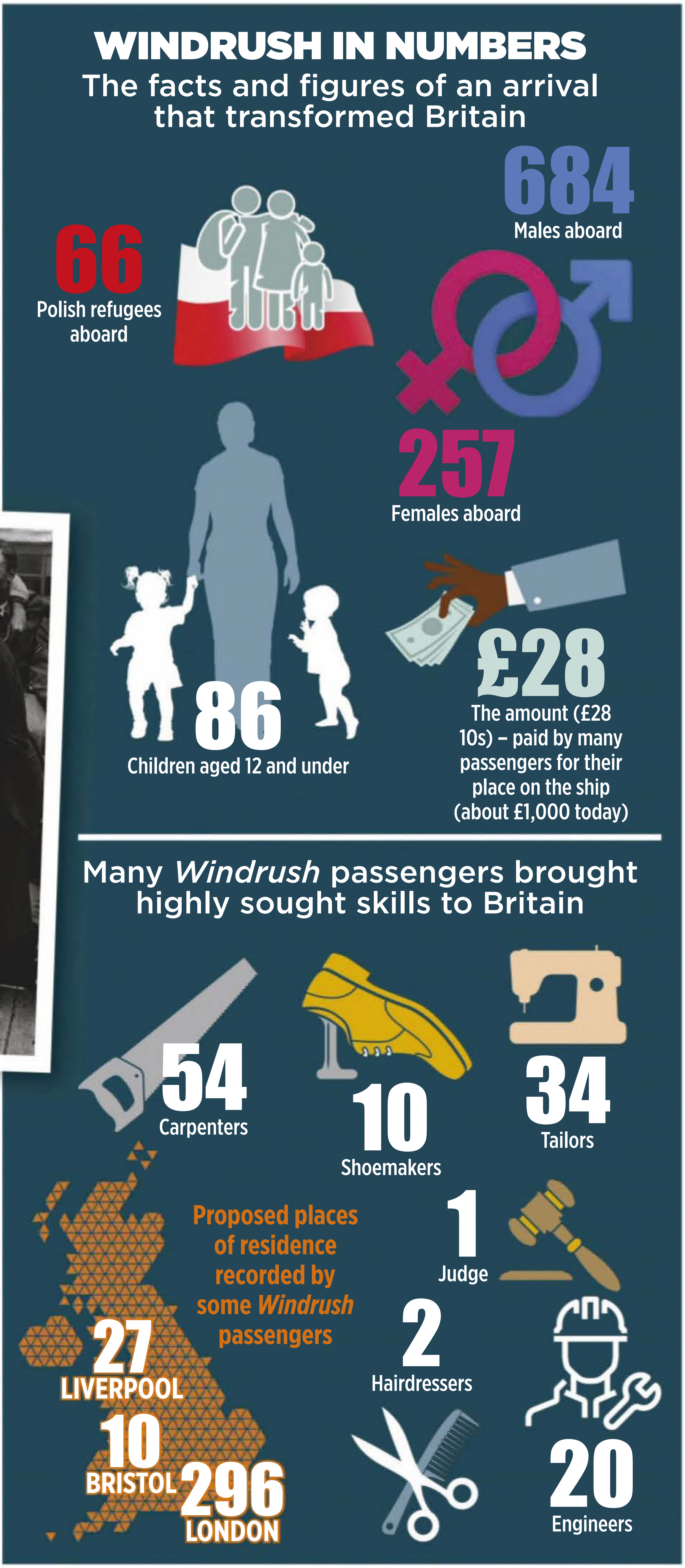
Nevertheless, gleaning an understanding of British culture through Noel Coward dramas and Ealing comedies was reassuring, recalls Viv Adams. "When our plane landed in Gatwick, which was like a little village in the early 60s, we drove down country lanes and the first person we saw was a uniformed nurse upright on her bicycle, and I said to my brother, 'Look, Hattie Jaques!'"

Of course, for the new arrivals, Britain had only really been known in the abstract, so the thrill of being able to visit Oxford Circus and myriad iconic landmarks of screen and literature was unending. They eagerly took snapshots and sent postcards back home charting their adventure. Wallace Collins remembers: "As I stood beside the fountain in Trafalgar Square, a pigeon came and perched on top of my head and shit on it, and I was undaunted and

TOP: **A new life awaited for children aboard *Windrush* too**

ABOVE: **Blues singer Mona Baptiste entertaining fellow passengers**

Continues on p66



WINDRUSH IN NUMBERS

The facts and figures of an arrival that transformed Britain

684 Males aboard

66 Polish refugees aboard

257 Females aboard

86 Children aged 12 and under

£28 The amount (£28 10s) – paid by many passengers for their place on the ship (about £1,000 today)

Many *Windrush* passengers brought highly sought skills to Britain

54 Carpenters

10 Shoemakers

34 Tailors

1 Judge

2 Hairdressers

20 Engineers

Proposed places of residence recorded by some *Windrush* passengers

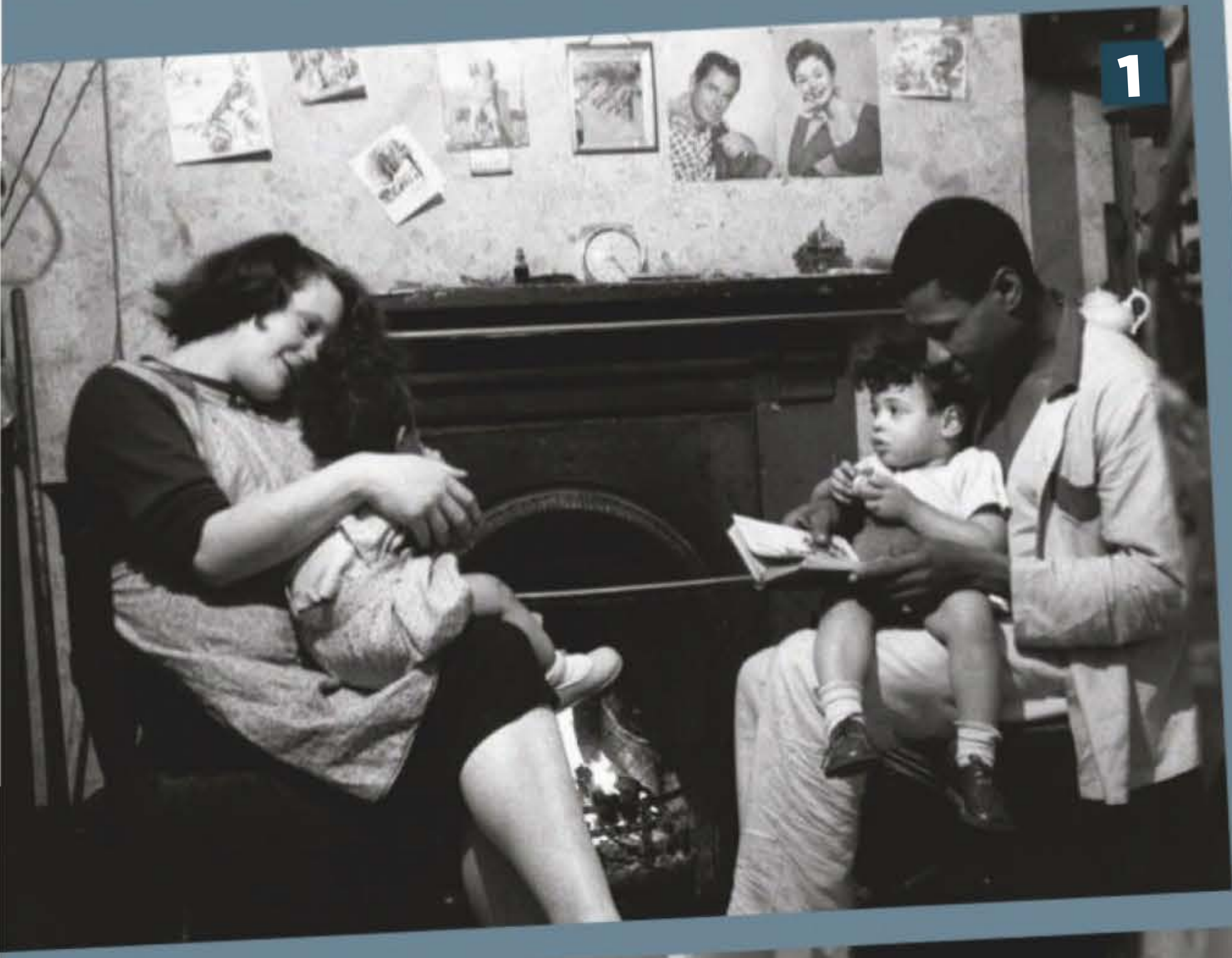
27 LIVERPOOL

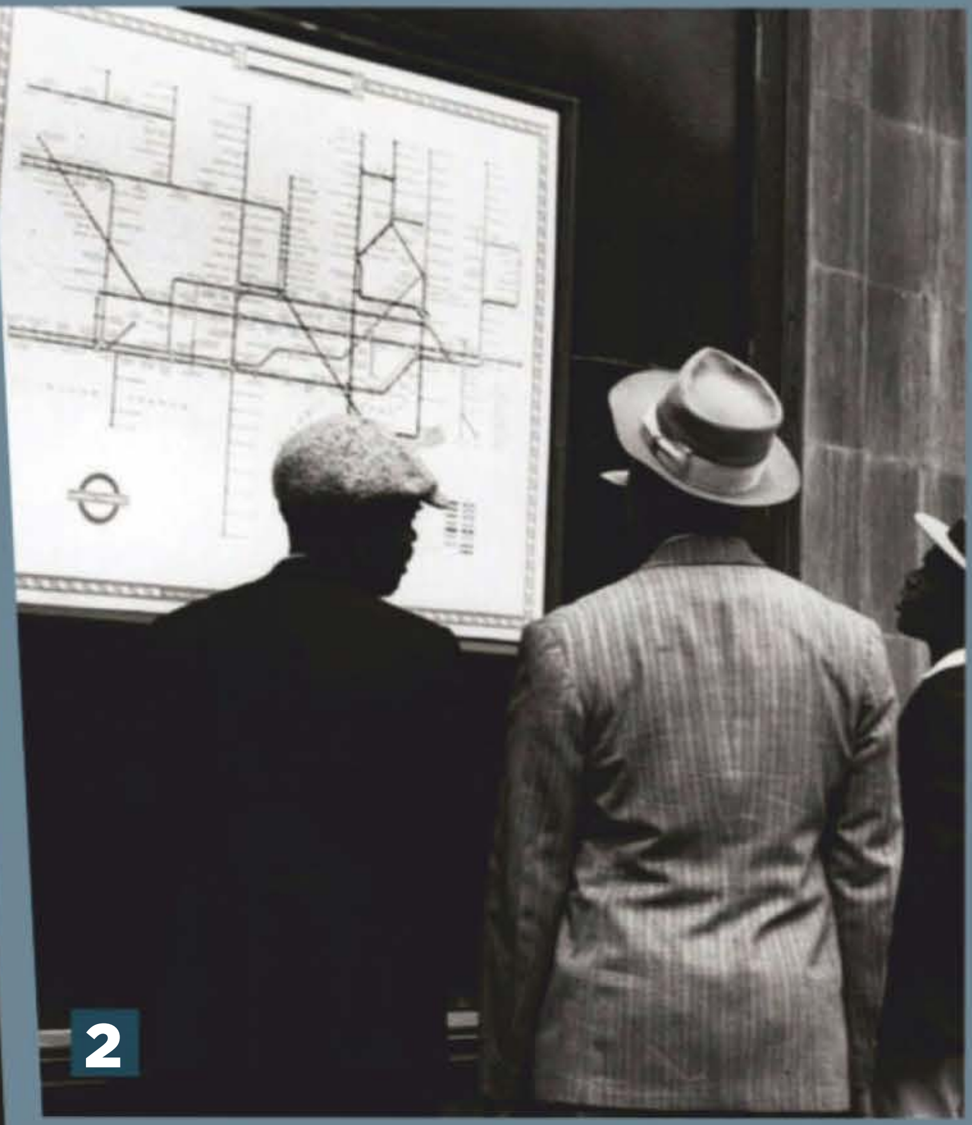
10 BRISTOL

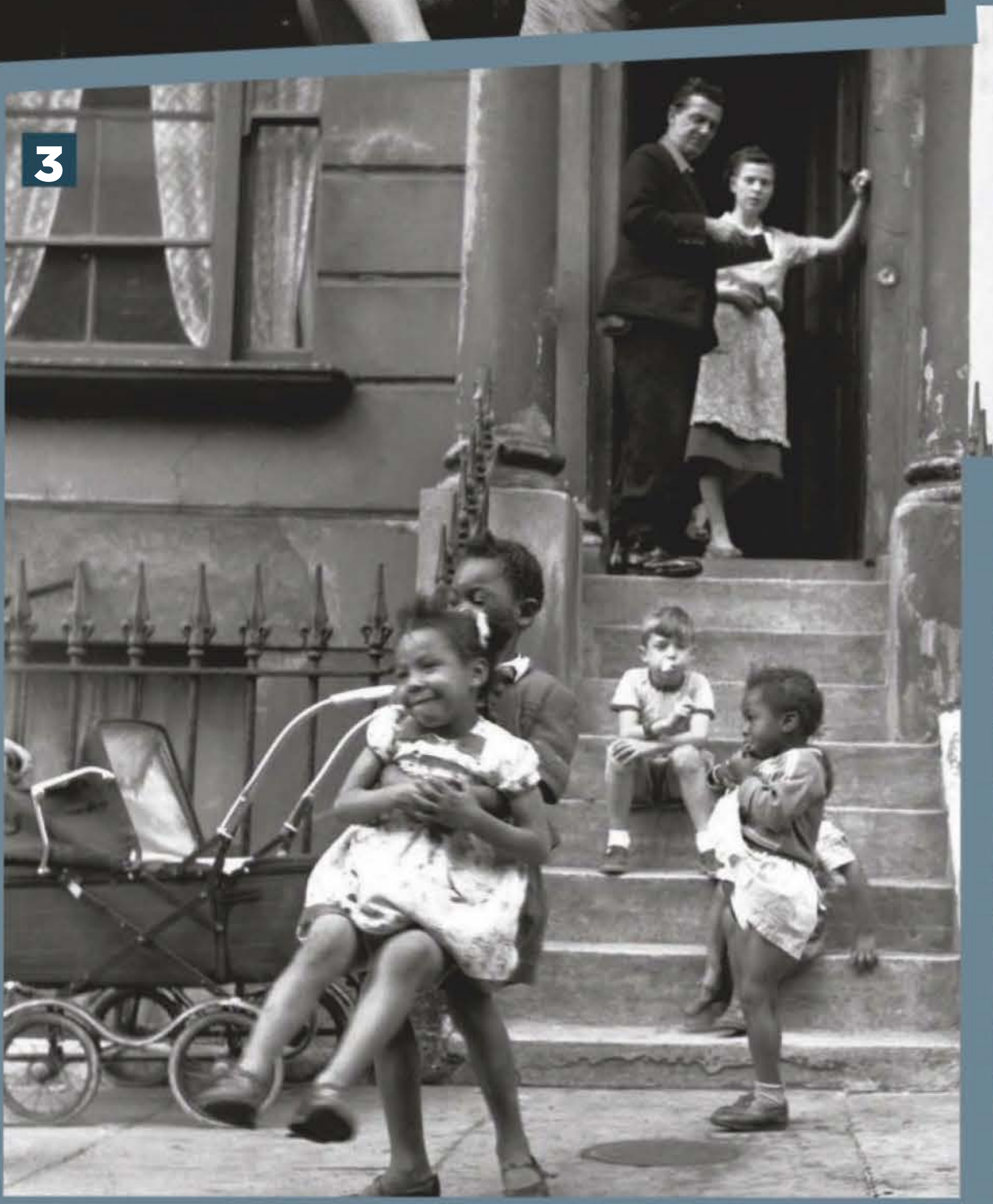
296 LONDON

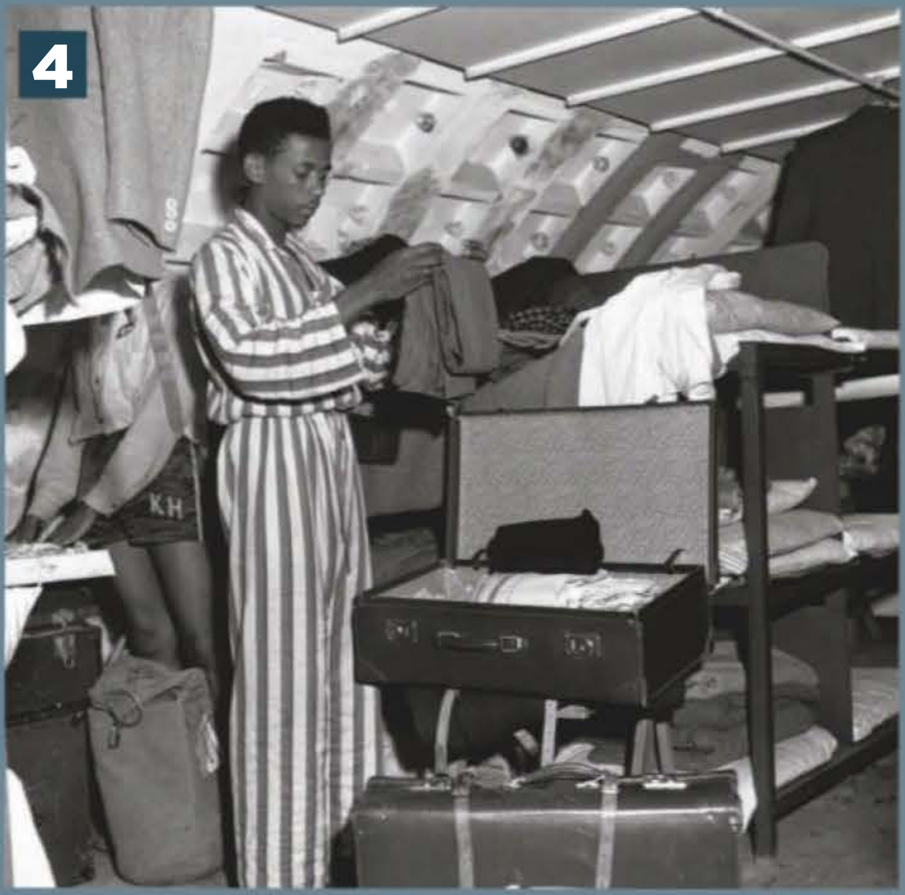
LIFE IN BRITAIN

Adjusting to new homes, jobs and relationships in 'the Motherland'









1. **A Jamaican foundry worker sits with his wife and children in their one-room flat in Birmingham.**
2. **Navigating London Underground was a daunting prospect for many new arrivals.**
3. **Children playing in Notting Hill, which was a predominantly working-class area in the 1950s.**
4. **A newly arrived immigrant unpacking at a shelter in Clapham.**

GETTY IMAGES X4, TOPFOTO X2, KEN RUSSELL/TOPFOTO X1

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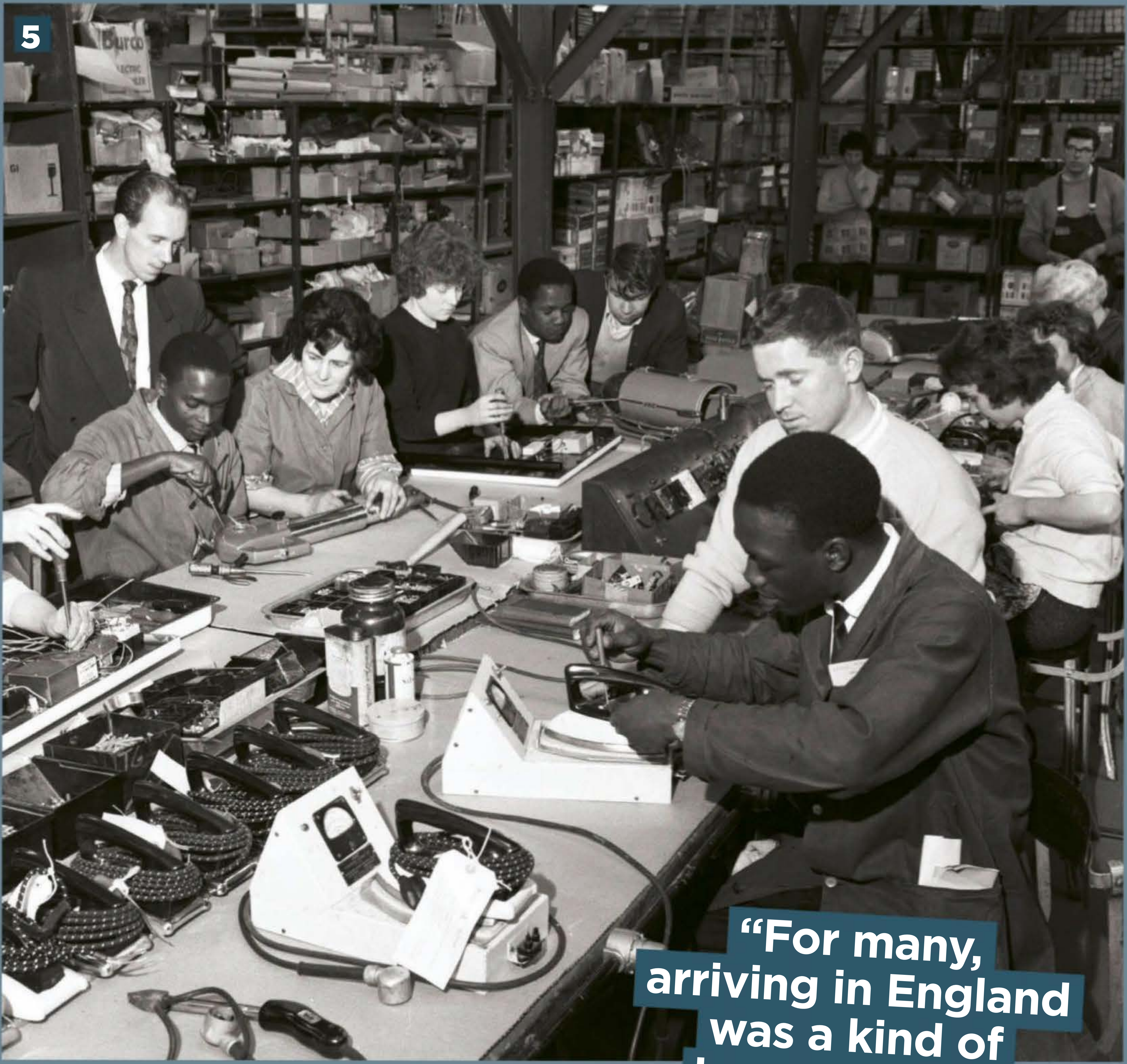


> “For many, arriving in England was a kind of homecoming”

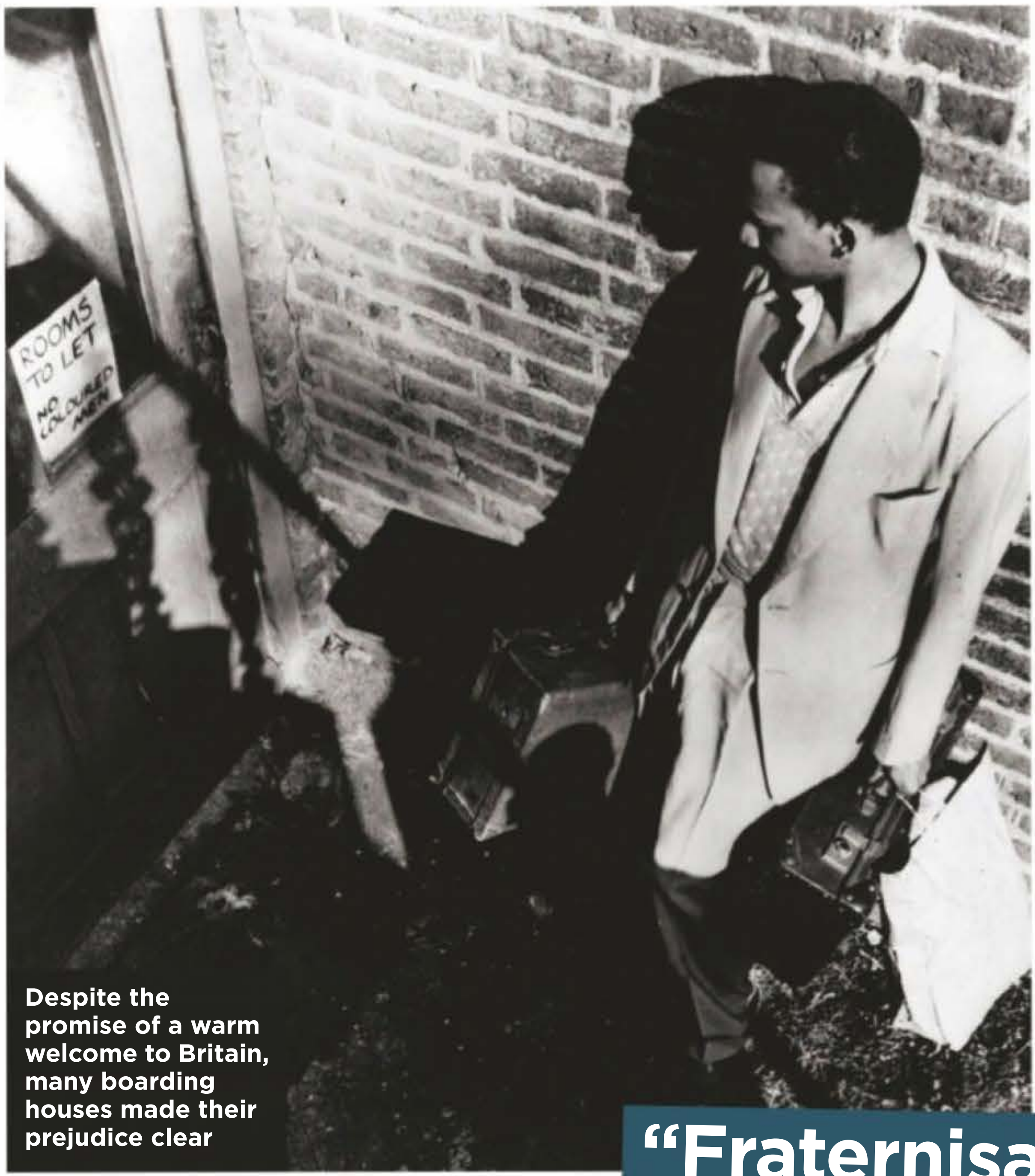
6

7

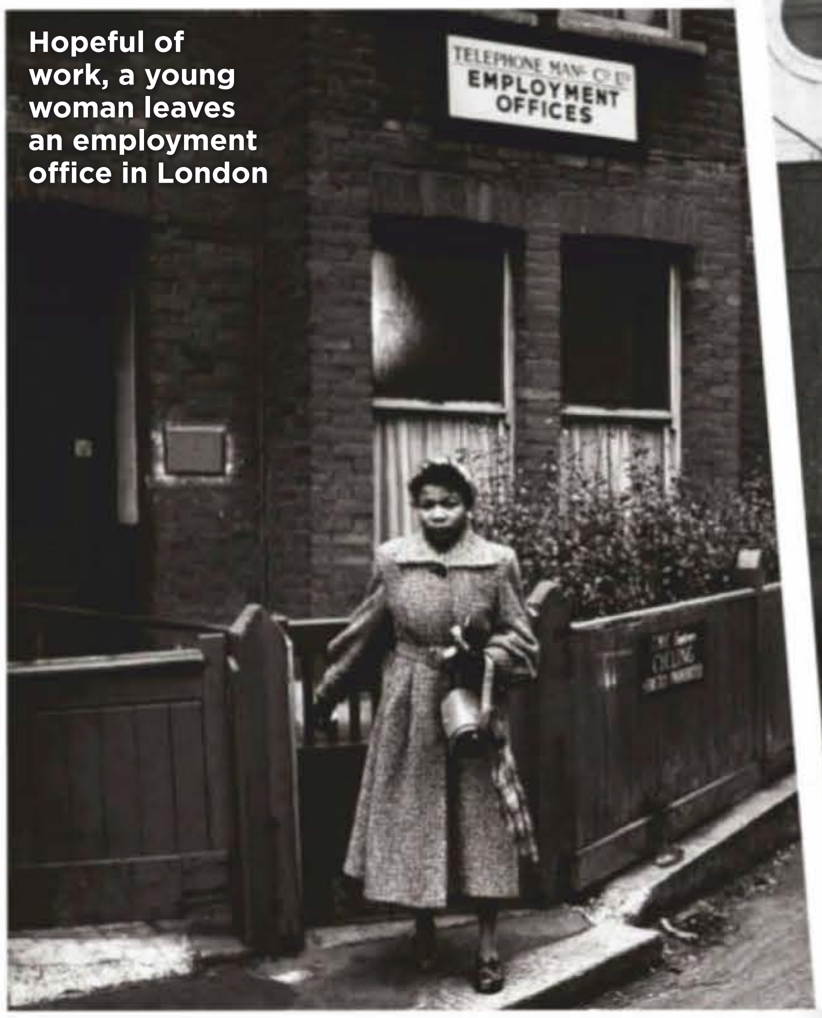
5. **A shortage in British labour saw the recruitment of migrants from the West Indies, such as at this iron factory in South Yorkshire.**

6. **West Indian women were recruited, too – a fact often overlooked by press at the time.**

7. **The Sunset Club in Soho was a club where migrant workers could kick back and socialise after a hard day’s work, but many white Britons were uneasy about the idea of racial integration.**



Despite the promise of a warm welcome to Britain, many boarding houses made their prejudice clear



Hopeful of work, a young woman leaves an employment office in London

proud and wrote home to my mother that I am making history."

Today there's much talk of the introduction of the government's hostile environment policy in 2012, which saw some black Britons, decades after their arrival, deported 'back home' to the Caribbean. But a hostile environment was present from the very beginning, especially when it came to finding employment and accomodation. There were no race relations laws to break, and landlords shamelessly placed notices in their windows, such as 'No Dogs, No Irish, No Blacks', expressing their preference for tenants.

Waveney Bushell went as far as forewarning prospective landlords about her colour to save herself from the expected rejection. "There were all these little cards in shops that said, 'No blacks'. And up to now, after 50 odd years in this country, I would be apprehensive going up to anybody's step in case the person who owns that house is white – up to now."

West Indians, though, were remarkable for tempering their anger, for taking knocks on the chin, pulling up the collar of their coats and walking on. Mr Johnson's approach towards prejudiced employers was not atypical: "I started to walk on me own, looking out for big black buildings which I use' to take as markers for factories. All those days I never come across any colour discrimination from anybody. They were all nice when they told me that they had nothing for me. Sometimes they would have taken me on, but as it was, I was just a few hours too late. Boy, the Englishman can be the nicest man out when he is telling you no."

> **"Fraternisation was one of white Britons' biggest concerns"**

DANGEROUS LIAISONS

It's remarkable how well the negative tropes held up. But it's clear now, even if it wasn't so explicit then, that fraternisation was one of white Britons' biggest concerns. This had been obvious from the 1940s, when single men from the West Indies, Poland and Ireland were lodged cheek-by-jowl in forbidding hostels, then vented their frustrations with each other over a beer or three at Saturday night dances. A Ministry of Labour internal memo drew attention to resentment over the fact that "the white girls all too frequently seem to prefer dancing with the black men [who] are probably better dancers!"

Dancing was bad enough, but the notion of where it might lead, namely that black men could forge longer lasting relationships with white women, was of greater concern to the wider public. That jeopardy was spelled out in a headline in *Picture Post*, May 1954: "Would you let your daughter marry a Negro?"

You can't legislate for love, but Carlton Gaskin claims that some risked the opprobrium for practical reasons. "Those were the days, if you wanted to get married, your wife got to be white. Because who else can you marry? But the funny thing is those girls who did decide to form any relationship with us, they suffered because even their family gave them a hard time. I mean some got married and their brothers wouldn't even accept the fact that their brother-in-law was black."

The liaisons were certainly unheralded and unusual. Dorothy Leigh recalls that there was nobody about when she went into the registry office to marry a Jamaican man in the 1950s. "[But] when we came out there was just people everywhere [about 200] looking! It was surprising how the word got round. The police had to come and move them away so we could get out."

GETTY IMAGES X2, TOPFOTO X2

A wet welcome for new arrivals in Southampton

Marriage, children and improving prospects complicated West Indians' plans to return to their birthplaces. The plan, such as there was one, was usually couched in five year terms. But the five years slipped into 10, 10 into 15 and one day the children, who were born here, might wake up to the sight of their parents changing the wallpaper. It was a signal they were here to stay.

Back in the 1950s and 60s, so many young people in the West Indies were swept up by the fever of leaving the islands to go to 'the Motherland' that a joke arose: would the last one out turn off all the lights? The Jamaican folklorist Louise Bennett composed a poem heralding the huge transformations in British culture wrought by West Indians "colonizin Englan in Reverse".

The *Windrush* scandal – which saw elderly people who'd arrived here in the 1960s wrongly classified 50 years later as illegal immigrants – has to a degree soured the story of this great adventure. But it has also forced a reckoning with Britain's imperial and colonial past.

Sam King went on to help found the Notting Hill Carnival and become the Mayor of Southwark, but he was just one of the 300,000 pioneers who emigrated to Britain, and whose presence ensured that this country and its former colonies in the West Indies were (and are) inextricably linked.

And as the Jamaican scholar Carolyn Cooper says: "The British government, the police, all of those institutions of authority, they just need to accept that black people have a right to be here. As Ambalavaner Sivanandan's famous quip goes: 'We are here because you were there.'" ⊙

GET HOOKED

READ

Homecoming: Voices of the Windrush Generation by Colin Grant (Jonathan Cape, 2019)

LISTEN

Colin discusses his book on the HistoryExtra podcast: *historyextra.com/podcast*

***Windrush* marked the start of more ships carrying migrants to Britain over the decades, such as this one docking at Newhaven, East Sussex in 1958**

ETHLYN & BAGEYE

Colin shares the story of his own parents' arrival in Luton

My parents, Ethlyn and Bageye, left Jamaica for England in 1959. Like many of his friends, merchant seaman Clinton George Grant's nickname derived from his physical appearance – his referring to his baggy eyes. Those bags seemed to swell over the years working night shifts in Luton factories.

Though my parents never really expressed much enthusiasm for Britain, they had an uncomplicated attachment to their moral right to be here. Their British passports bore the stamp 'Right of Abode', and so what more was there to discuss?

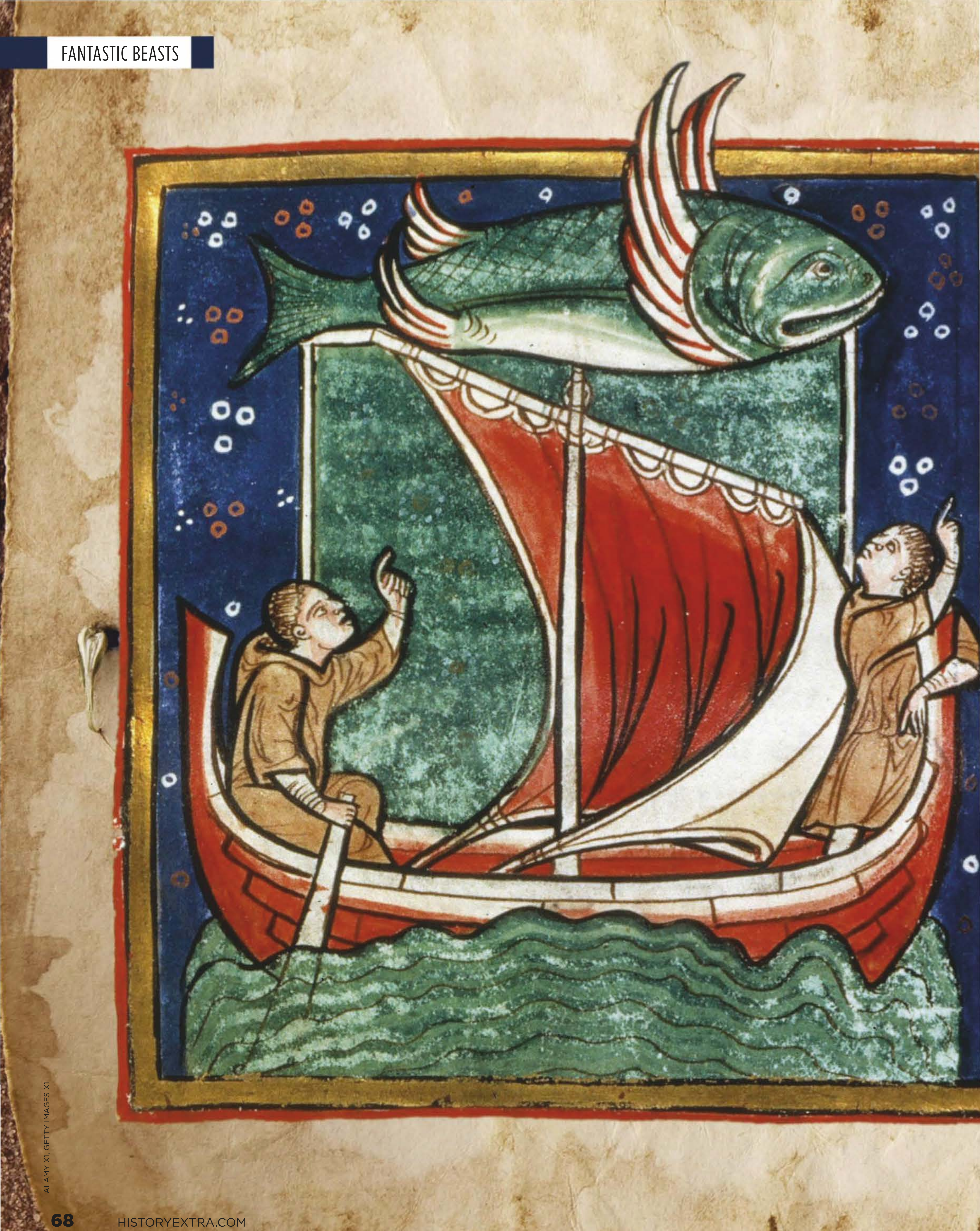
But growing up in the 1960s, it was always a mystery to me why we were living in an unhappy house, thousands of miles from Jamaica. If you had asked Bageye, the answer would most likely have been: "We're here because we're here. You have some place else to go?" My mother, Ethlyn, was far more reflective, but she seemed to be forever singing sad, plaintive hymns to keep such questions at bay, as much from herself as from her children. On bad days, on her way to work on the production line at Vauxhall Motors, she could be heard muttering: "Who tell me for come to this kiss-me-arse-place?"

But Bageye and Ethlyn, like so many of their peers, were romancers and dreamers. If they'd stopped to think about the scale of the challenge of uprooting themselves from Jamaica to settle more than 4,000 miles away, perhaps they would never have embarked on the adventure in the first place.

Colin's father, Bageye, aged about 45

Colin's mother, Ethlyn, (*pictured aged 18*) found British life tough at times

COURTESY OF COLIN GRANT X2



ALAMY X1, GETTY IMAGES X1

Fantastic (Medieval) Beasts

Charlotte Hodgman tracks down some of the weird and wonderful creatures that roamed the medieval world – and imagination

Sawfish

DEVILISH SEA MONSTER

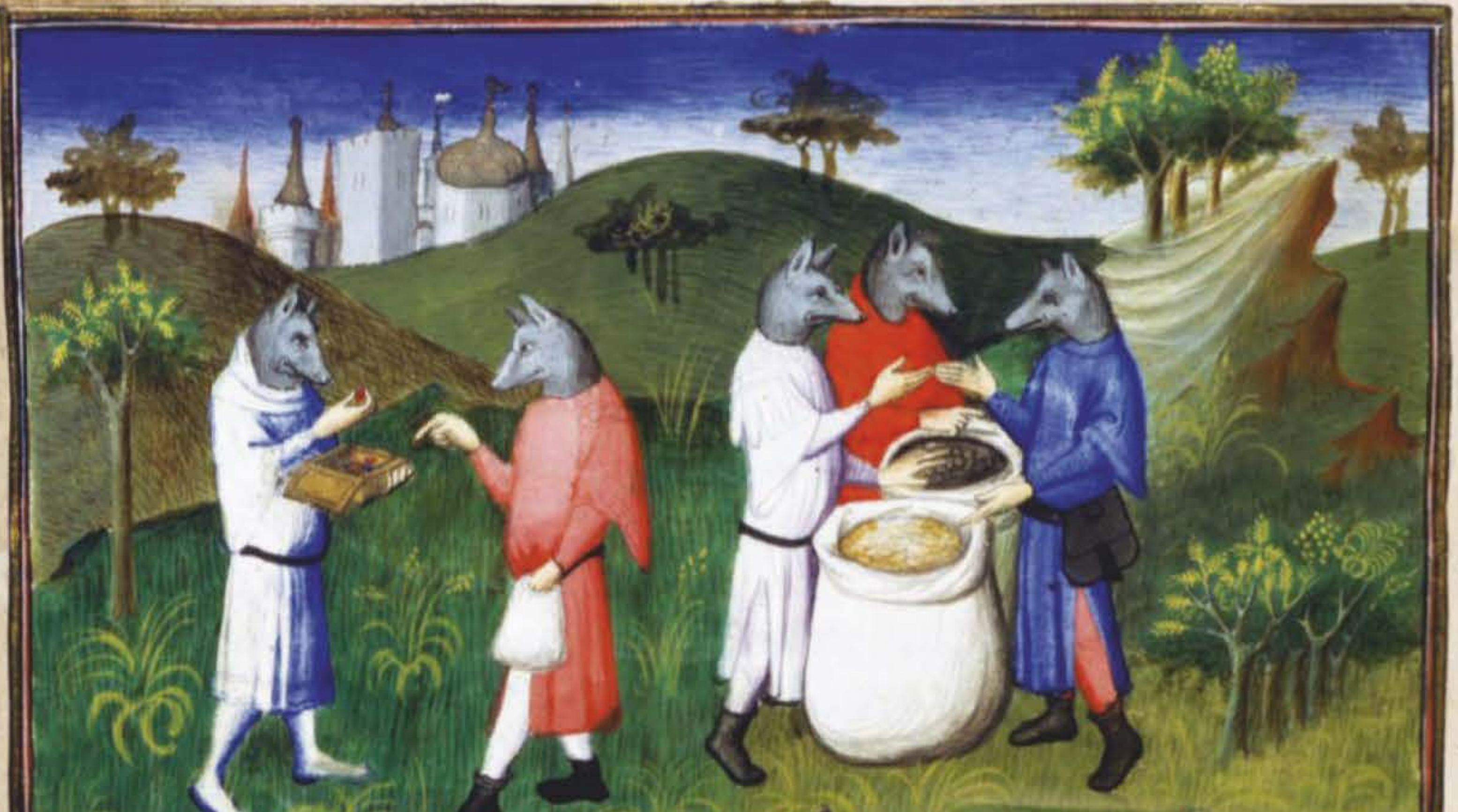
Medieval sawfish were usually depicted with huge wings, which were said to hold wind back from ships' sails – an aquatic representation of the Devil, who sought to hold back holy inspiration from humankind.

The medieval world – largely unknown and full of danger – was difficult for people to understand. The boundaries between the living and the dead were far more blurred than they are today, and all manner of spiritual beings were believed to be locked in constant battle for the souls of the living. Only God and the Church were thought to provide divine protection from such terrors, and it was through both that medieval men and women sought to comprehend, and survive, the world.

In the words of 12th-century philosopher Alan of Lille: "Every creature in the world is a book or a picture or a mirror for us." For medieval society, God was the book's author, and the creatures he had created could be explained and understood in terms of their place in the Christian world view.

Perhaps nowhere else is this fascination with the meaning of nature and its relationship to God as evident as in medieval bestiaries. These illustrated compendiums of beasts popular in the Middle Ages, – like bestiaries of ancient times – described the characteristics of all manner of creatures, but also explained them in terms of their place within the Christian world.

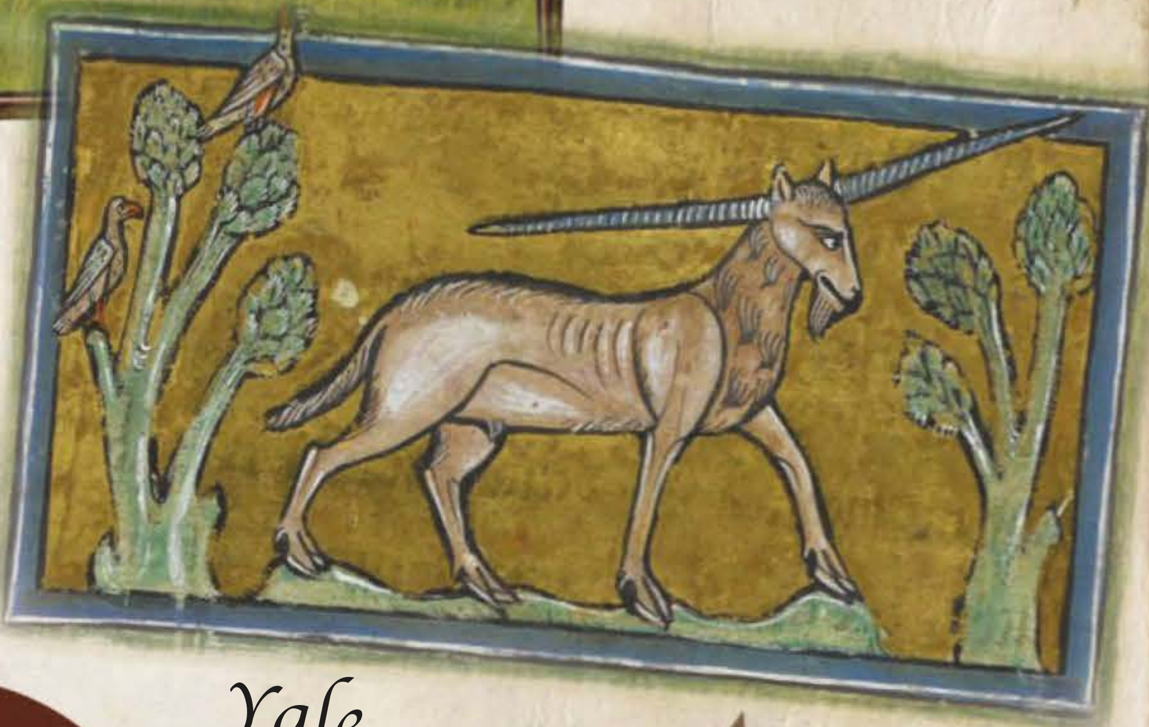
As you'll read over the following pages, the animals that inhabited medieval bestiaries range from the fantastical (flesh-eating animal-human hybrids worthy of a starring role in any Harry Potter film) to the ordinary – although even the most common creatures boast a few 'unusual' characteristics, courtesy of our medieval forebears.



Cynocephali

DOG-HEADED MEN

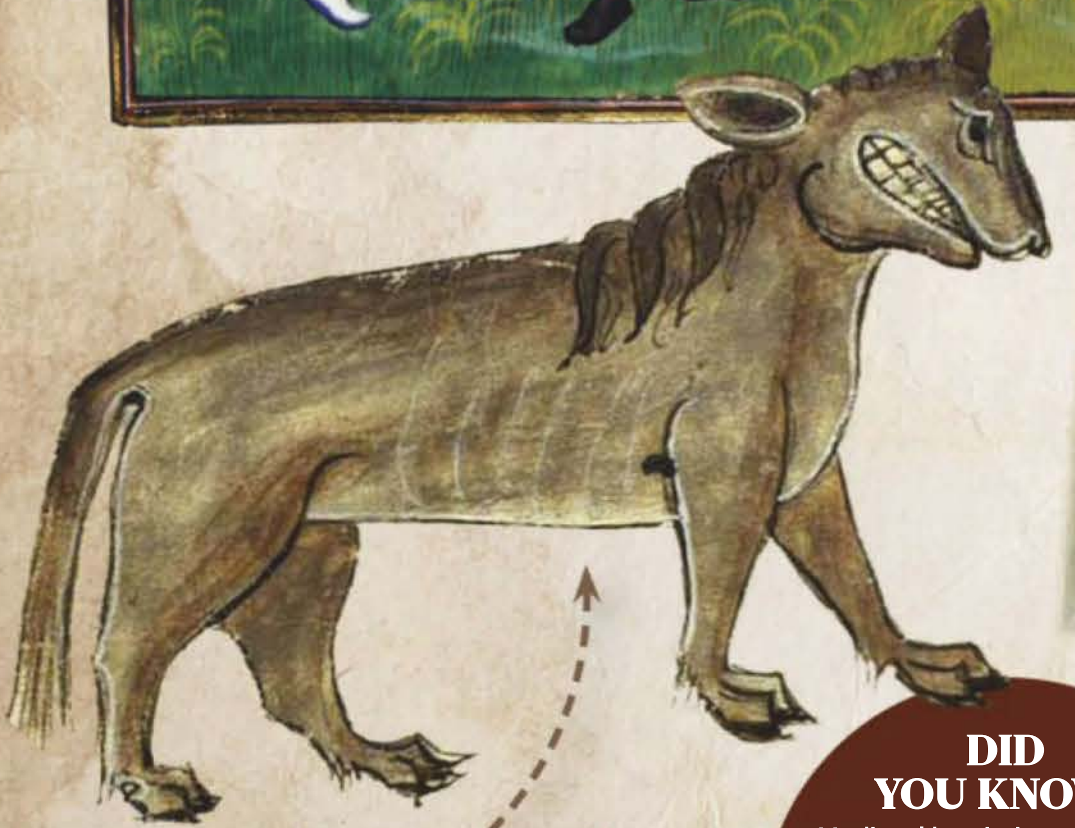
Allegedly possessing the body of a man and the head of a dog, legends and myths of the Cynocephali date back as far as Ancient Greece. The 14th-century Muslim scholar and explorer Ibn Battuta even claimed to have encountered Cynocephali on an island between India and Sumatra: "Their men are shaped like ourselves, except that their mouths are shaped like those of dogs."



Yale

A FLEXIBLE FIGHTER

According to Pliny the Elder, writing in the first century, the horse-sized Yale was found in Ethiopia. The Yale boasted long, flexible horns. If fighting, it pointed one of its horns backwards – a reserve weapon to bring to the front should the other be damaged.



Leucrocotta

IMITATOR OF THE HUMAN VOICE

Don't be fooled by its broad smile. The Leucrocotta – product of the coupling of a hyena and a lioness – was said to be a deadly enemy of both humans and dogs. Believed to hail from India and northern Africa, its mouth stretched from ear to ear, with a single ridge of bone instead of individual teeth. It was said the Leucrocotta could imitate human speech, luring its victims by name into the depths of the forest.

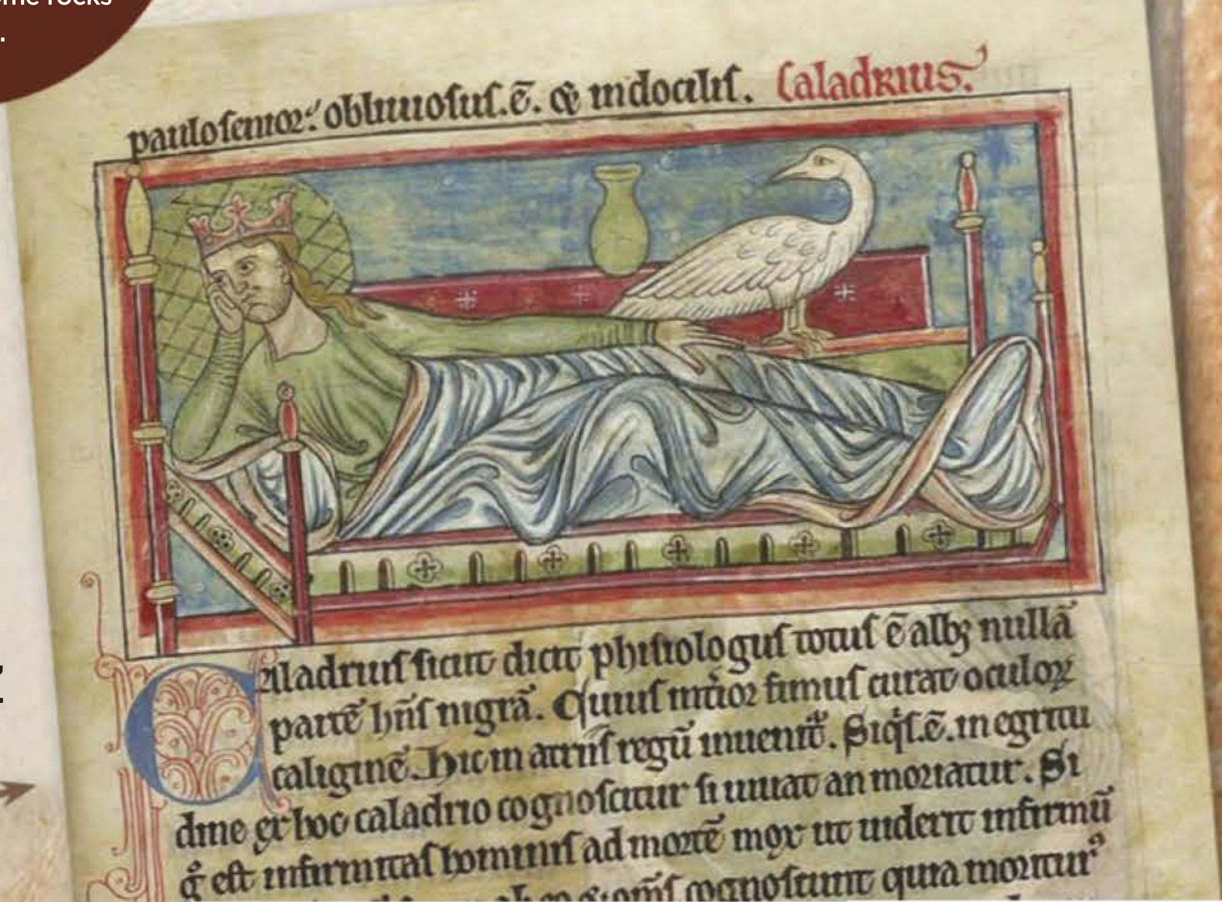
DID YOU KNOW?

Medieval bestiaries were based on a Greek text from the second century AD called *The Physiologus* – a collection of moralised beast tales. This first iteration contained information on a small number of animals, as well some rocks and trees.

Caladrius

HEALER OF THE SICK

Described by Ancient Greek biographer Plutarch as being "endowed with such a nature and character, that it violently attracts to itself the disease", in medieval society the Caladrius represented Christ, healing the sick by looking into a patient's face. But if the bird turned its face away, the patient was doomed.



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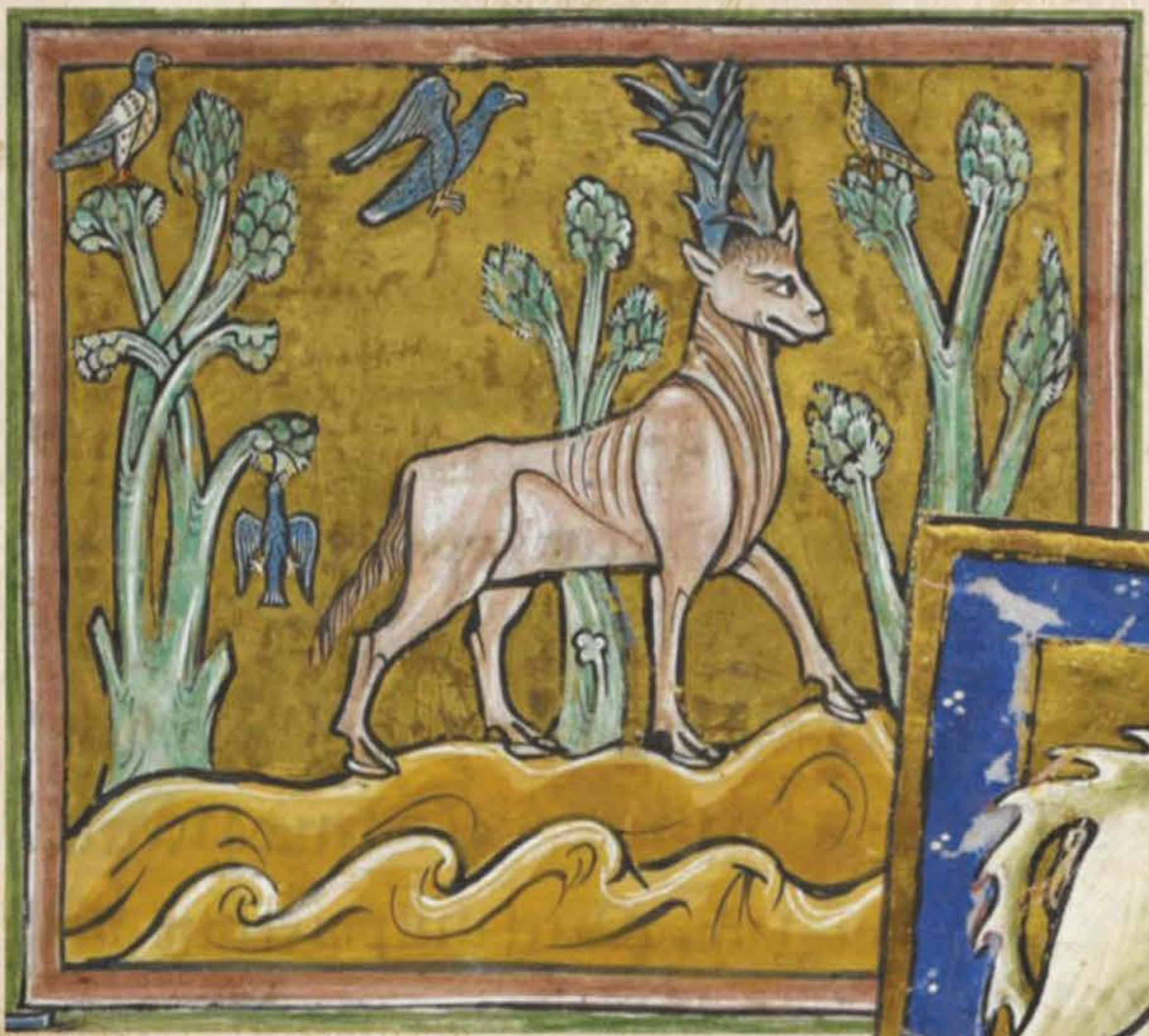
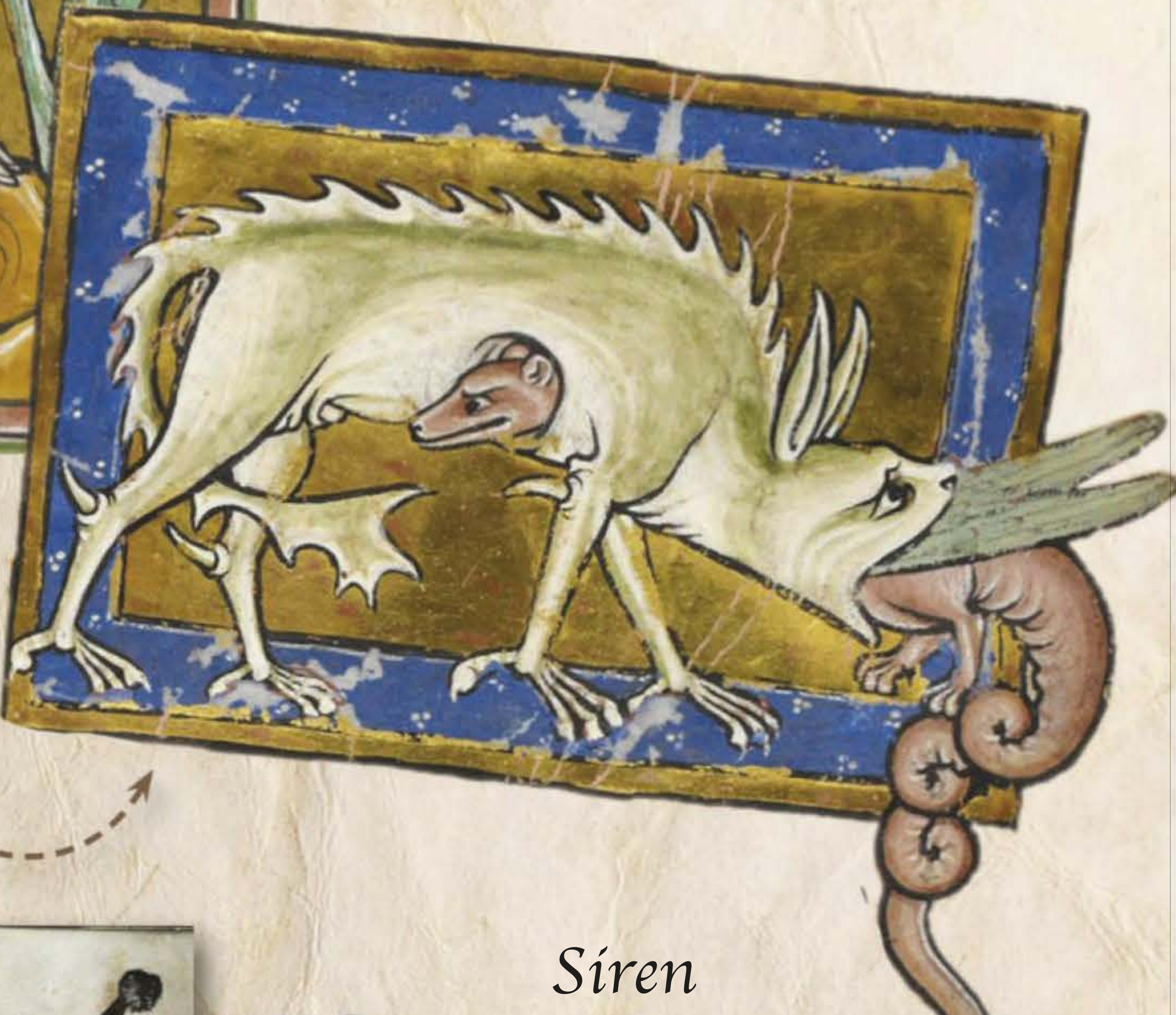


Parandrus

MASTER OF DISGUISE

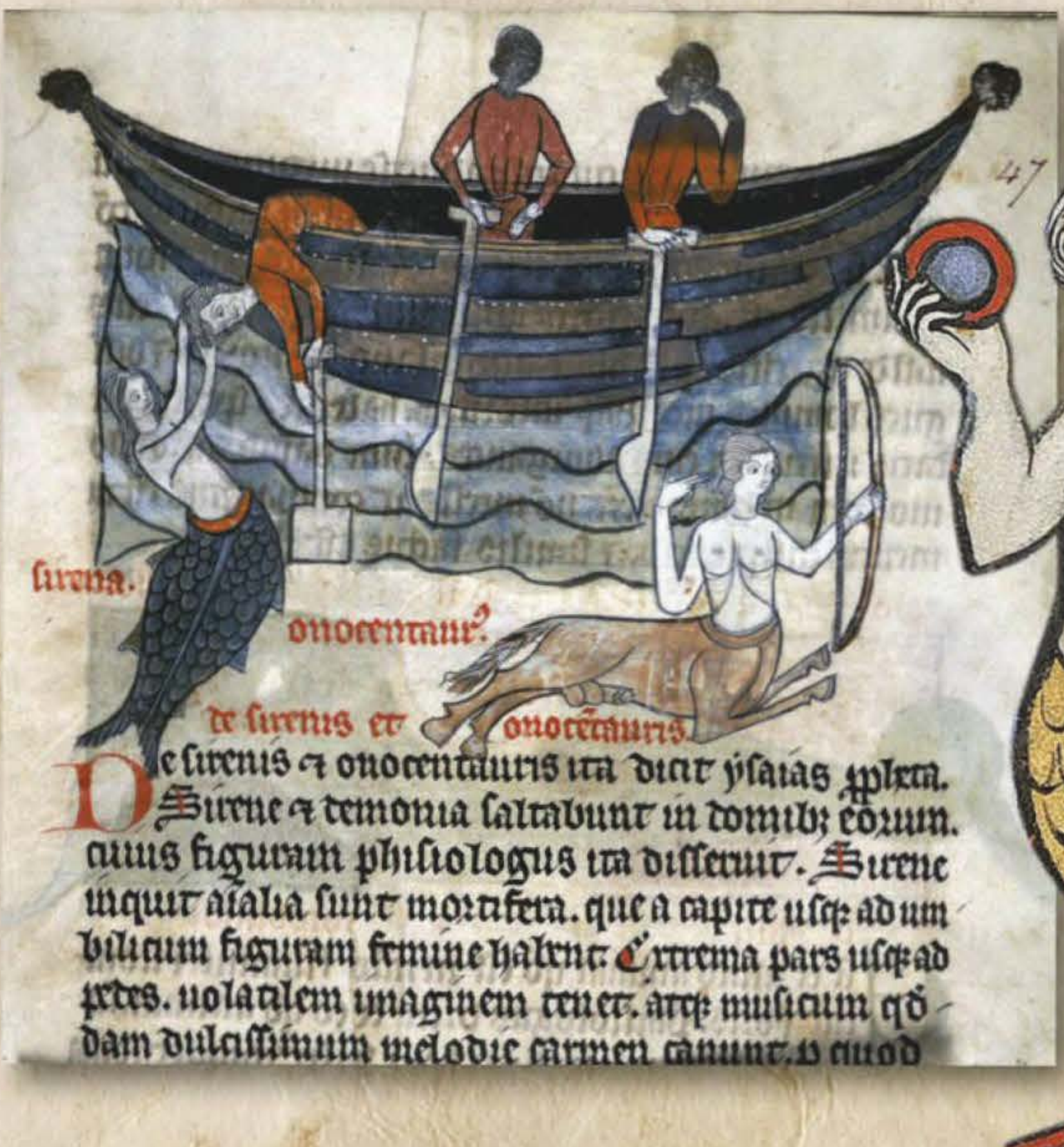
Allegedly found in Ethiopia, the Parandrus's most notable characteristic was that it could change its appearance and conceal itself within its surroundings. Ox-sized and cloven-hoofed, it had a stag's head with large antlers and long hair.



Hydrus

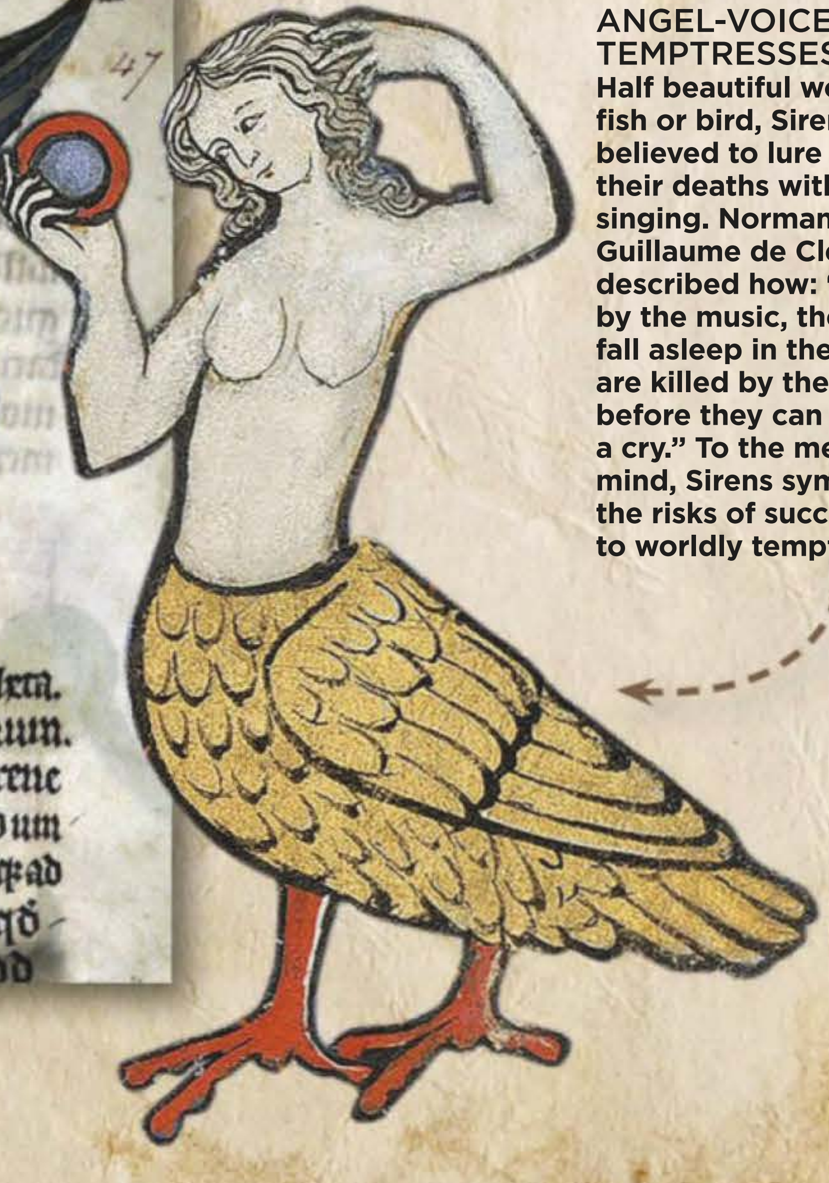
SWORN ENEMY OF THE CROCODILE

A type of serpent, the Hydrus (signifying Christ) was said to roll in mud then creep into the mouth of a sleeping crocodile (a representation of Hell). Once inside, it was believed the Hydrus ate its way out of the crocodile's stomach, killing it. According to Isidore of Seville, writing in the seventh century AD, the Hydrus lurked in the River Nile.


47
sirena.
onocentaurus

de sirenis et onocentauris

De sirenis ⁊ onocentauris ita dicit ysaias propheta.
Sirene ⁊ demonia saltabunt in domibus eorum.
cuius figuram phisiologus ita disseruit. Sirene
inquit animalia sunt mortifera. que a capite usque ad um
bilicum figuram femine habent. Extrema pars usque ad
pedes. uolatilem imaginem tenet. atque musicum quod
dam dulcissimum melodie carmen canunt. u quod



Siren

ANGEL-VOICED TEMPTRESSES

Half beautiful woman, half fish or bird, Sirens were believed to lure sailors to their deaths with their sweet singing. Norman cleric Guillaume de Clerc described how: "Entranced by the music, they [sailors] fall asleep in their boat, and are killed by the siren before they can utter a cry." To the medieval mind, Sirens symbolised the risks of succumbing to worldly temptations.

Basilisk

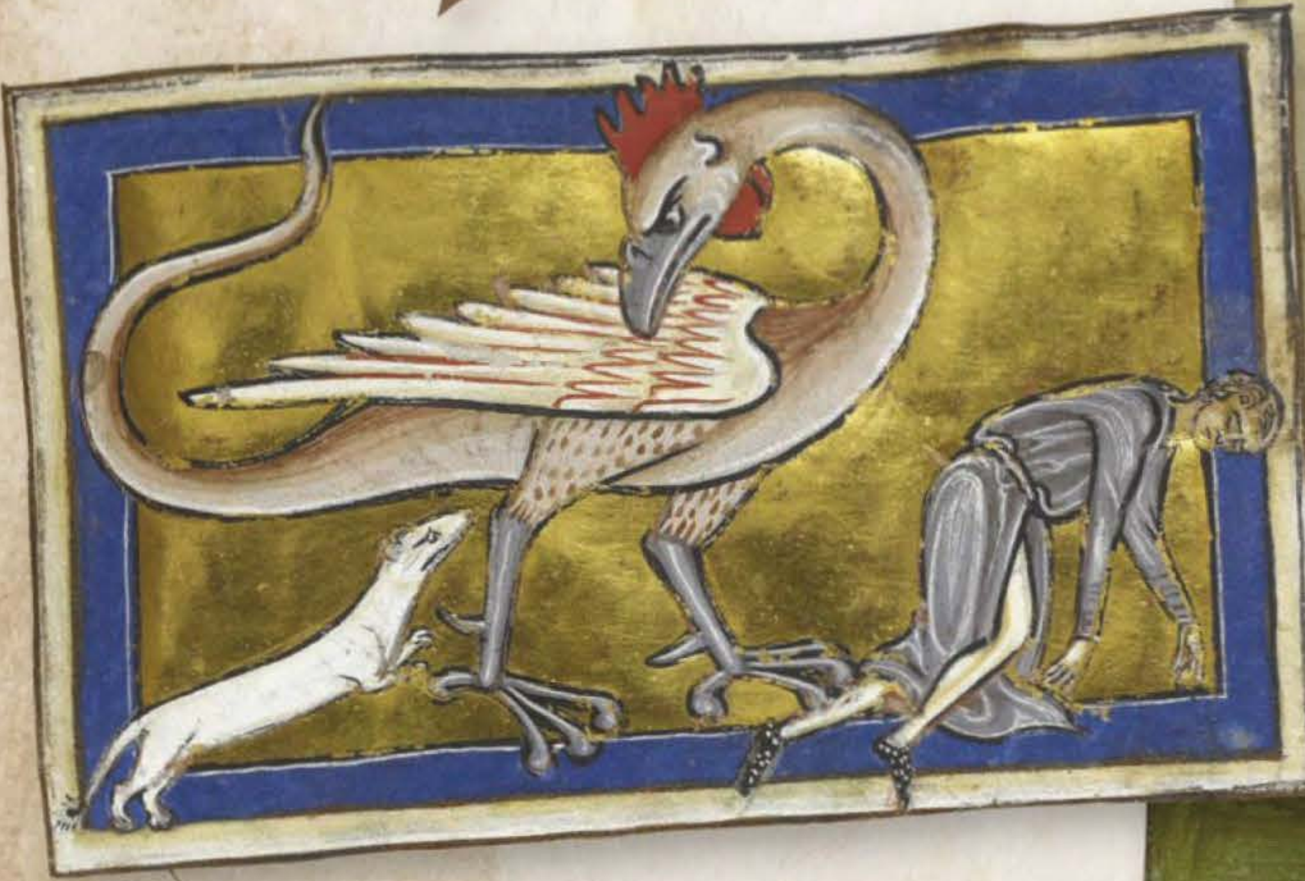
SERPENT-TAILED KILLER

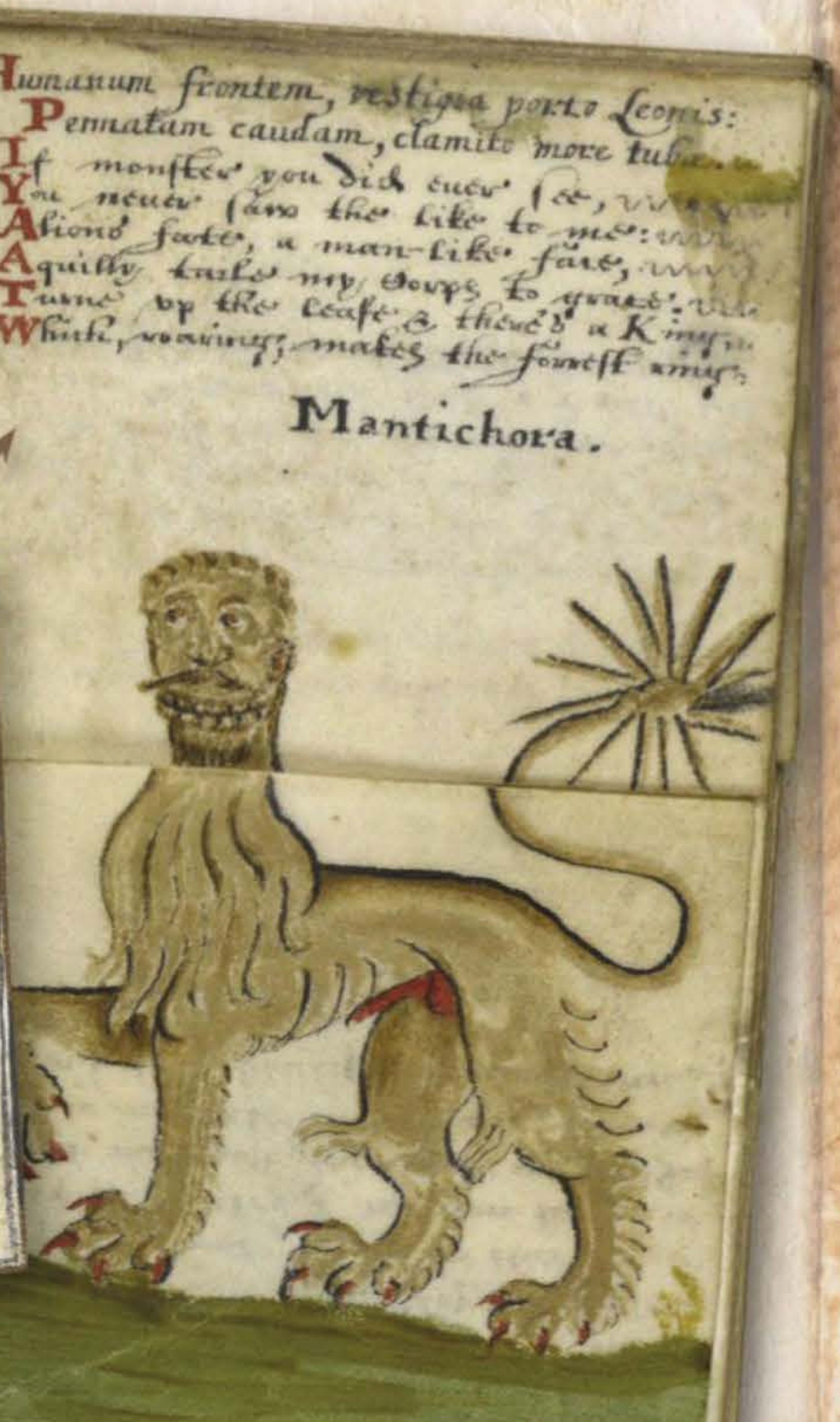
Included in the reptile section of medieval bestiaries – and JK Rowling's *Harry Potter And The Chamber Of Secrets* – the Basilisk is often described as the 'king of creeping things'. Despite being able to kill with its scent, hiss and even its gaze, the fearsome Basilisk could itself be slain by the bite of a humble weasel.

Manticore

FEASTER OF HUMAN FLESH

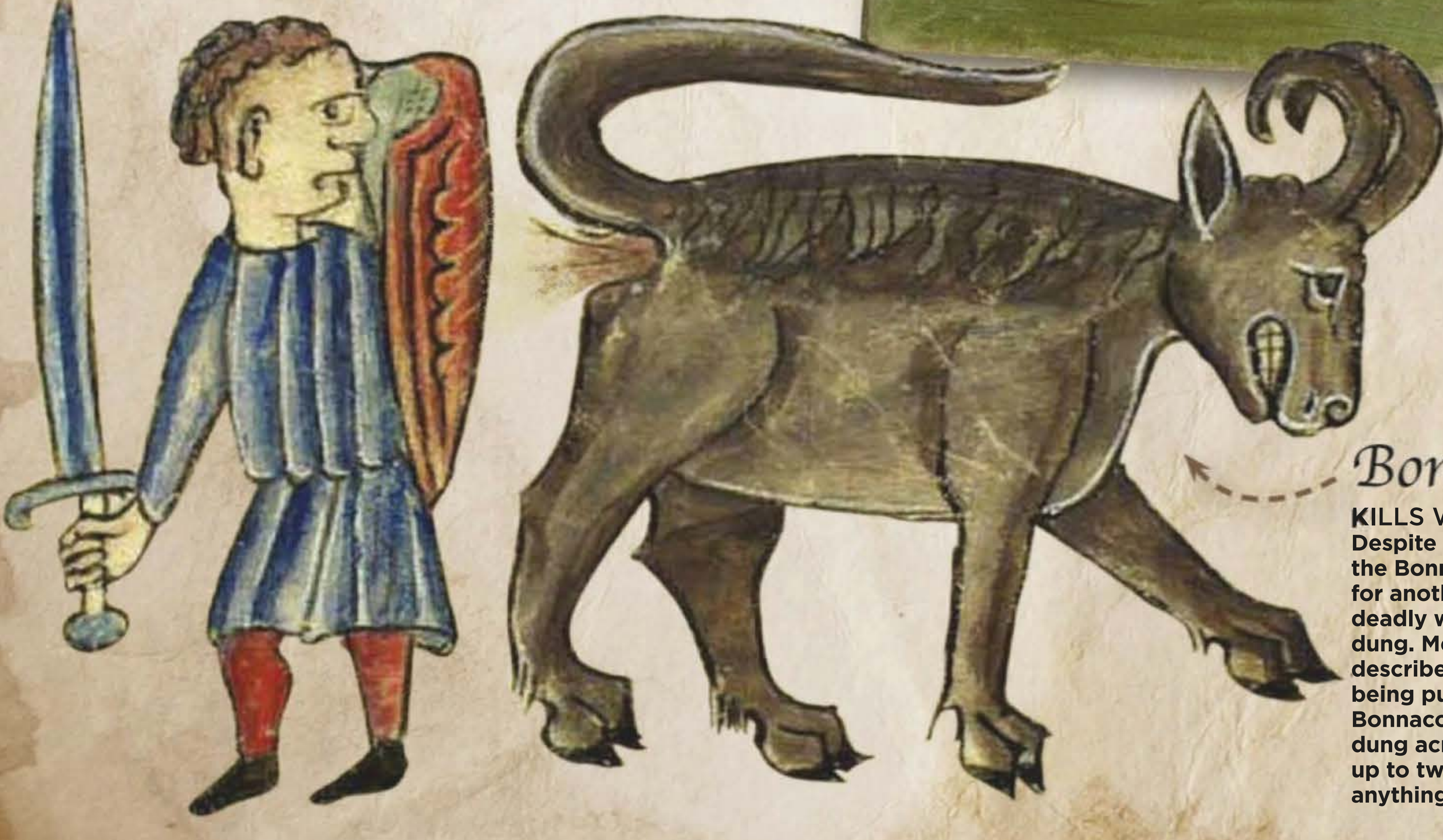
The Manticore, said to be found in India, comprised the body of a lion and the face of a man, rounded off with the stinging tail of a scorpion. The 13th-century scholar Bartholomaeus Anglicus described the Manticore as having a "horrible voice, as the voice of a trumpet, and he runneth full swiftly, and eateth men".





Humanum frontem, vestigia porto Leonis:
Pennatam caudam, clamito more tub
If monster you did ever see,
You never saw the like to me:
A lions foote, a man-like face,
A quilly taile my troups to grace:
Turne up the leafe & there's a King
Which, roaring, makes the forrest ring.

Mantichora.



Bonnacon

KILLS WITH ITS DUNG

Despite its large horns, the Bonnacon was known for another, far more deadly weapon: its fiery dung. Medieval bestiaries describe how, when being pursued, the Bonnacon could expel its dung across an area of up to two acres, burning anything in its path.

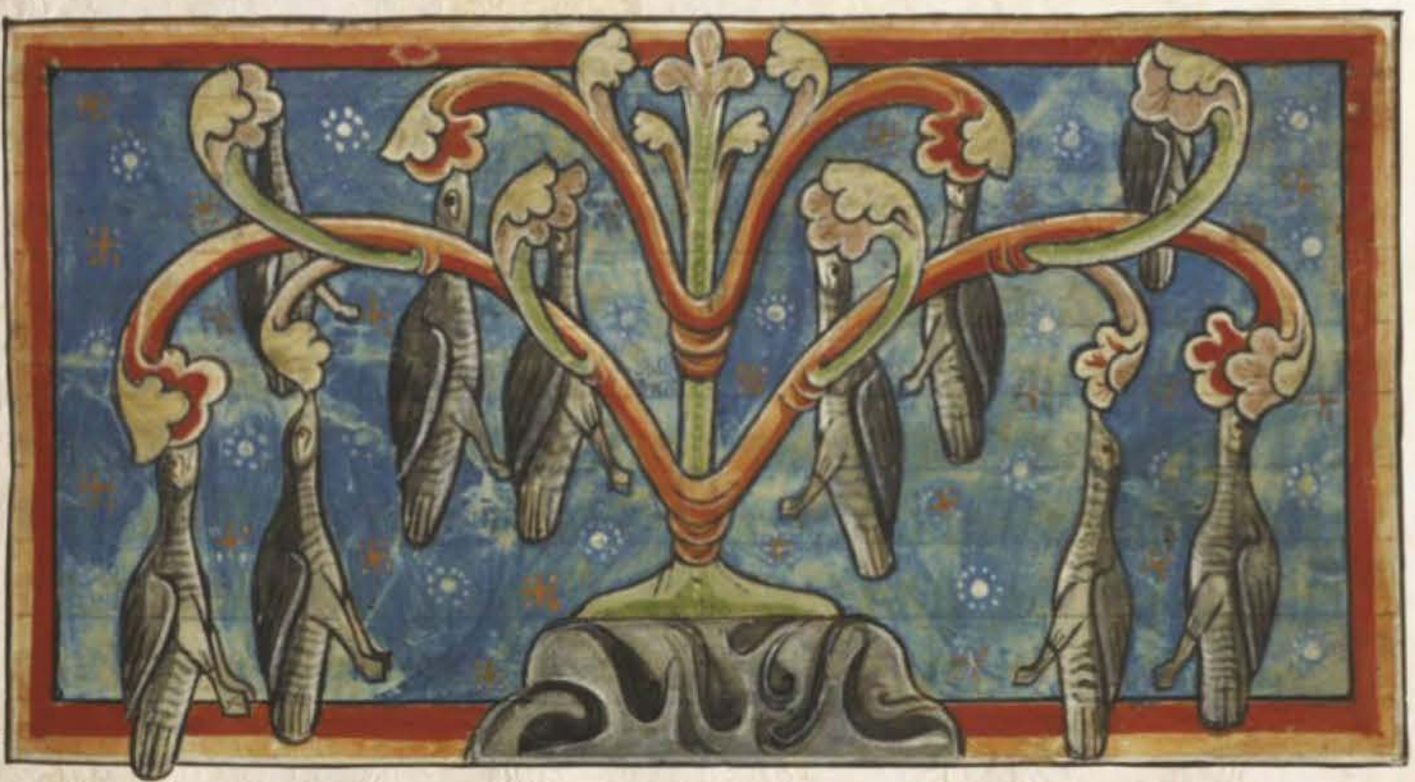
ALAMY X2, BRIDGEMAN IMAGES X4, GETTY X1, NATIONAL LIBRARY OF THE NETHERLANDS X1

Not-so-fantastic beasts

Medieval society also had some curious ideas about some of nature's more familiar creatures

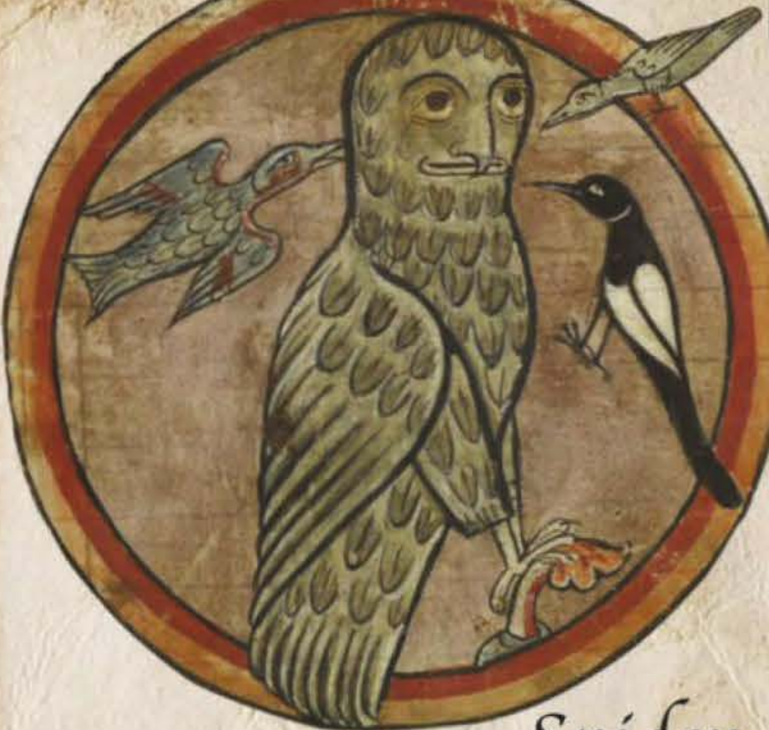
Barnacle goose

According to medieval bestiaries, barnacle geese grew on trees that overhung water. Once fully grown, the birds were said to fall from the tree. Those that fell on land would die. Those that landed on water floated and survived.



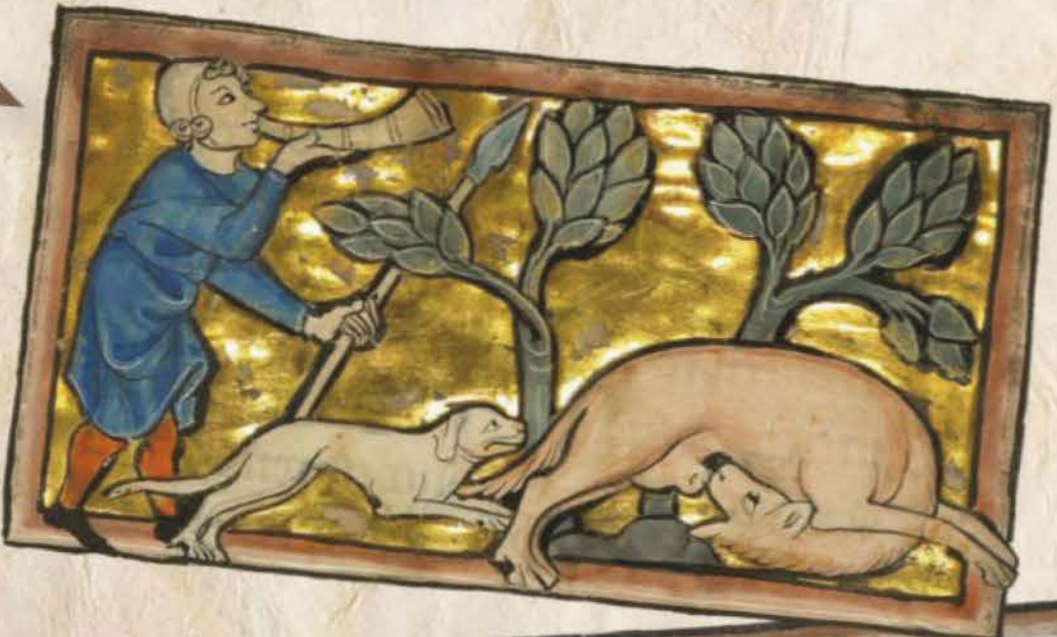
Owl

Owls were generally seen in a negative light, living in darkness in the same way, it was thought, as those who had given themselves up to sin. It was believed owls cried out when they sensed someone was about to die.



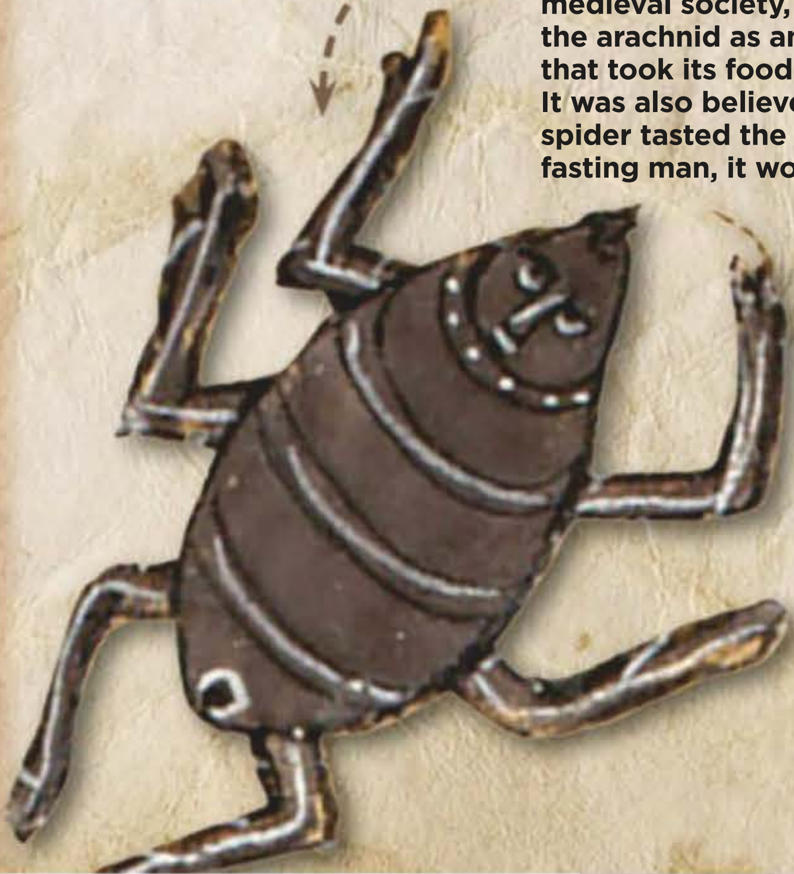
Beaver

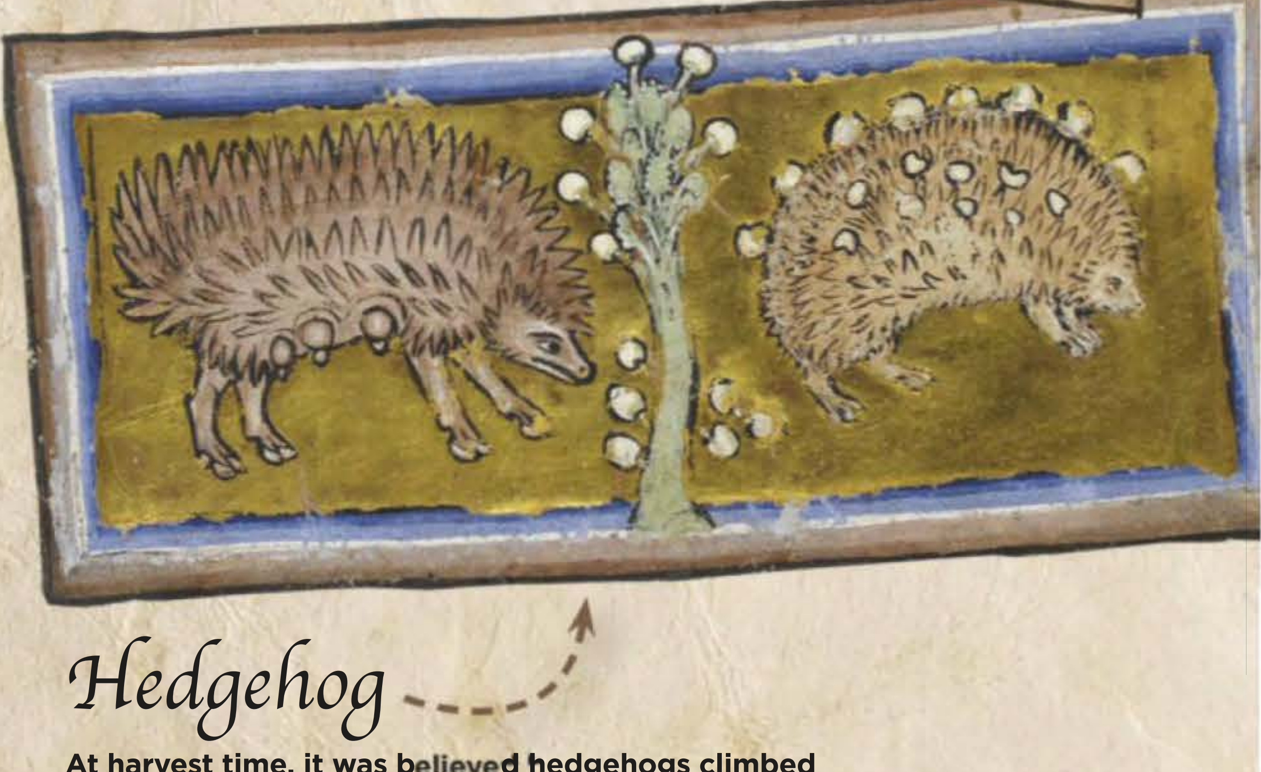
Beaver testicles were often used in medieval medicine. Hunted beavers were said to bite off their own testicles and fling them at the hunter in order to end the pursuit.



Spider

The industriousness of the humble spider was not lost on medieval society, which saw the arachnid as an aerial worm that took its food from the air. It was also believed that if a spider tasted the saliva of a fasting man, it would die.





Hedgehog

At harvest time, it was believed hedgehogs climbed grape vines, shook the fruit to the ground, then rolled in them. They would then, it was said, use their spikes to carry the fruit home to their young.

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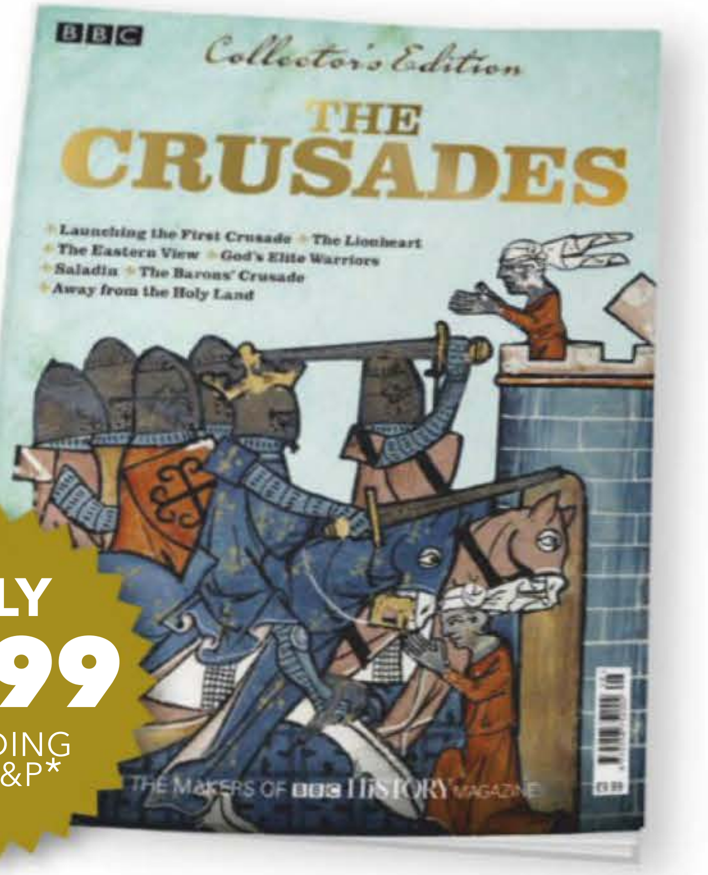
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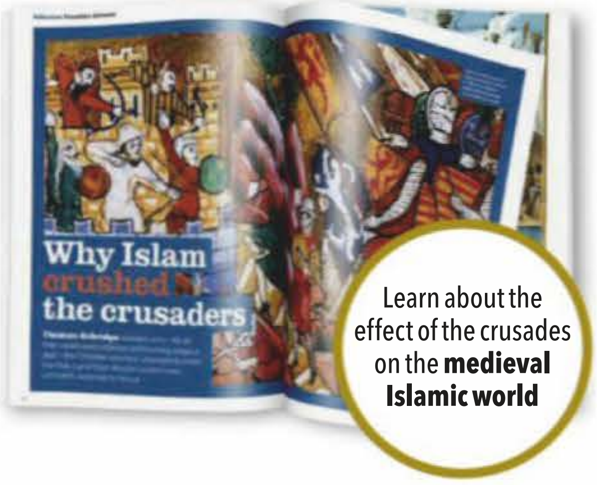
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Q&A

YOU ASK, WE ANSWER

HEAVE HO! In a famous scene from *Ben Hur*, Charlton Heston's prince scowls over his fate

WERE ROMAN SHIPS CREWED BY SLAVES?

In the 1959 film *Ben Hur*, the hero's low point comes as a slave chained by his feet on a Roman ship and forced to row. While an enduring scene, this gives the wrong impression. Oarsmen tended to be free men – sure, from the dregs of society, but they would be paid for their services. The Romans only manned their ships with slaves in times of emergency, such as during the Second Punic War with Carthage (218-201 BC).

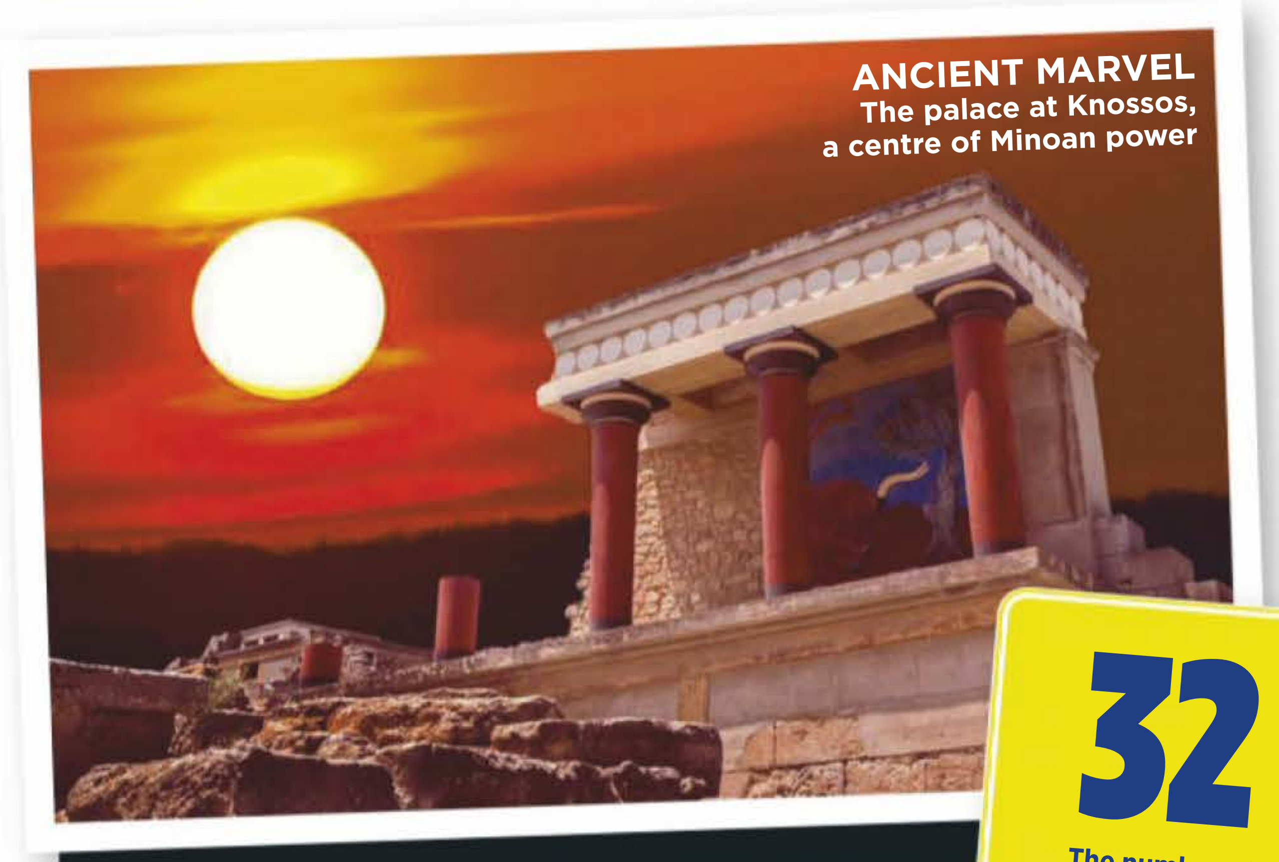
While the Romans were known more for their land armies, the Roman Republic's navy played a vital role during the First Punic War (264-241 BC). Later, a sea battle, Actium in 31 BC, was central to Augustus becoming the first emperor of the Roman Empire era.

DID YOU KNOW?

AS THE CROW SAILS

The Romans built bridges on their ships, which could be lowered onto enemy vessels to allow troops to board. This device was called a corvus, or crow. Later, the Romans used a harpoon-and-winch system, known as a harpax

ALAMY



ANCIENT MARVEL
The palace at Knossos, a centre of Minoan power

What happened to the **Minoans**?

Between around 3000 BC and 1100 BC, the Minoan civilisation flourished on the Greek island of Crete. Architects, artists and traders, the Minoans were named after Minos, the mythical king who demanded sacrifices be made to the Minotaur. Their settlements included the Bronze Age city Knossos, once believed to be the site of the labyrinth where the bull-headed man-eating creature was kept. They had a fondness for bull leaping, which was exactly as dangerous as it sounds.

Minoan influence spread across the Aegean, but then their civilisation suddenly waned. A huge volcanic eruption, one of the largest in known history, at Thera some 75 miles from Crete, may have led to the Minoans' downfall. Ash could have killed crops or a resulting tsunami hit the coast. Archaeological finds, however, suggest that the Minoans limped on after the disaster, only for Crete to fall victim to raids and invasions by the Myceneans, bringing Minoan civilisation to an end.

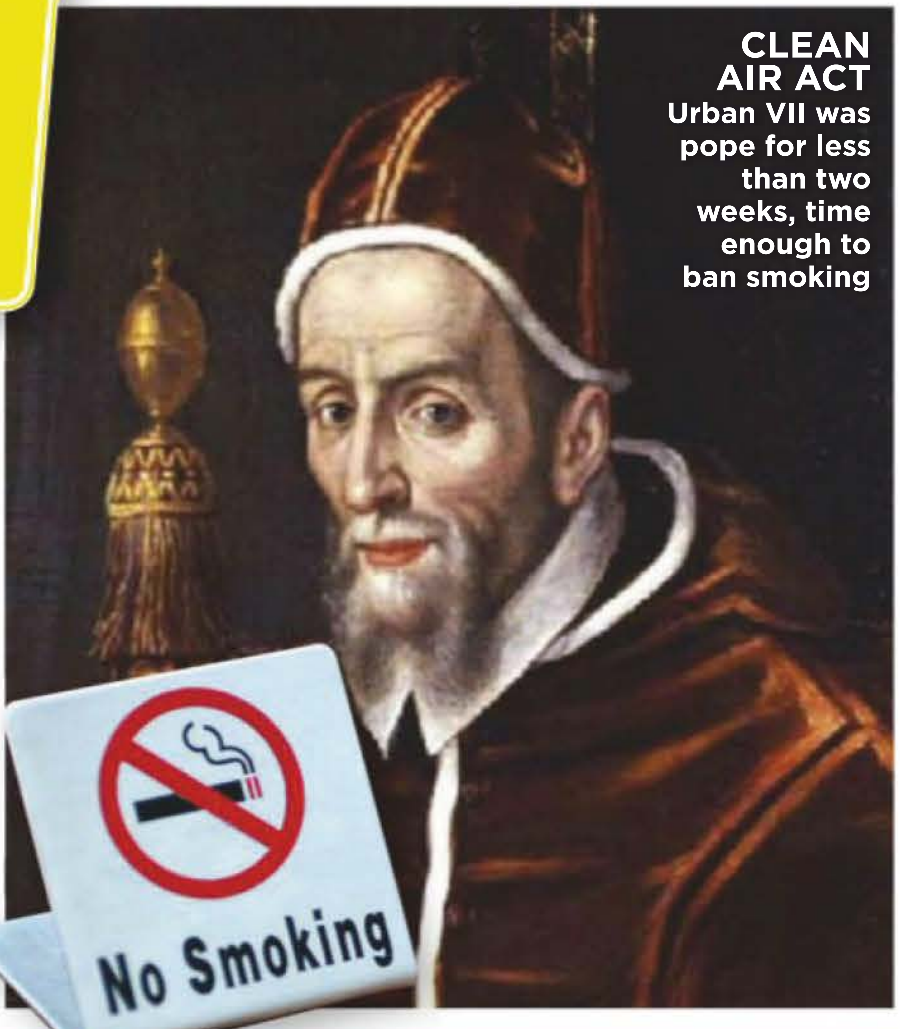
32

The number of people named in the Doomsday Book as Hugh the Ass.

Which pope had the shortest reign?

Urban VII lasted just 12 days in September 1590 before succumbing to malaria. The 69-year-old priest had enjoyed a long career in the Church, but hadn't even been consecrated as Bishop of Rome when he died shortly before midnight on 27 September. Still, he accomplished something monumental in his brief tenure: the world's first public smoking ban, on threat of excommunication.

There was a pope who died two days after his election – Stephen in AD 752 – but he hadn't been confirmed at all and so has been removed from the official list of pontiffs in the *Annuario Pontificio* (*Pontifical Yearbook*).



CLEAN AIR ACT
Urban VII was pope for less than two weeks, time enough to ban smoking

JET SET
The pioneering pilots Jackie Cochran and Chuck Yeager

WHO WAS THE FIRST WOMAN TO BREAK THE SOUND BARRIER?

In 1947, the American pilot Chuck Yeager became the first man to exceed the speed of sound. Less well remembered is the name of the first woman to replicate that achievement six years later, Jackie Cochran. A lifelong friend of Yeager's, Cochran learnt to fly in just three weeks in the 1930s and became a successful racer. In World War II, she flew American bombers to England and trained female pilots as auxiliaries.

Then, on 18 May 1953, Cochran took off from Rogers Dry Lake in California in an F-86 Sabre jet, which she had to borrow from the Canadian Air Force, determined to go supersonic. The American was thrilled when she heard the distinctive boom as she broke the sound barrier, averaging 650mph during the flight.

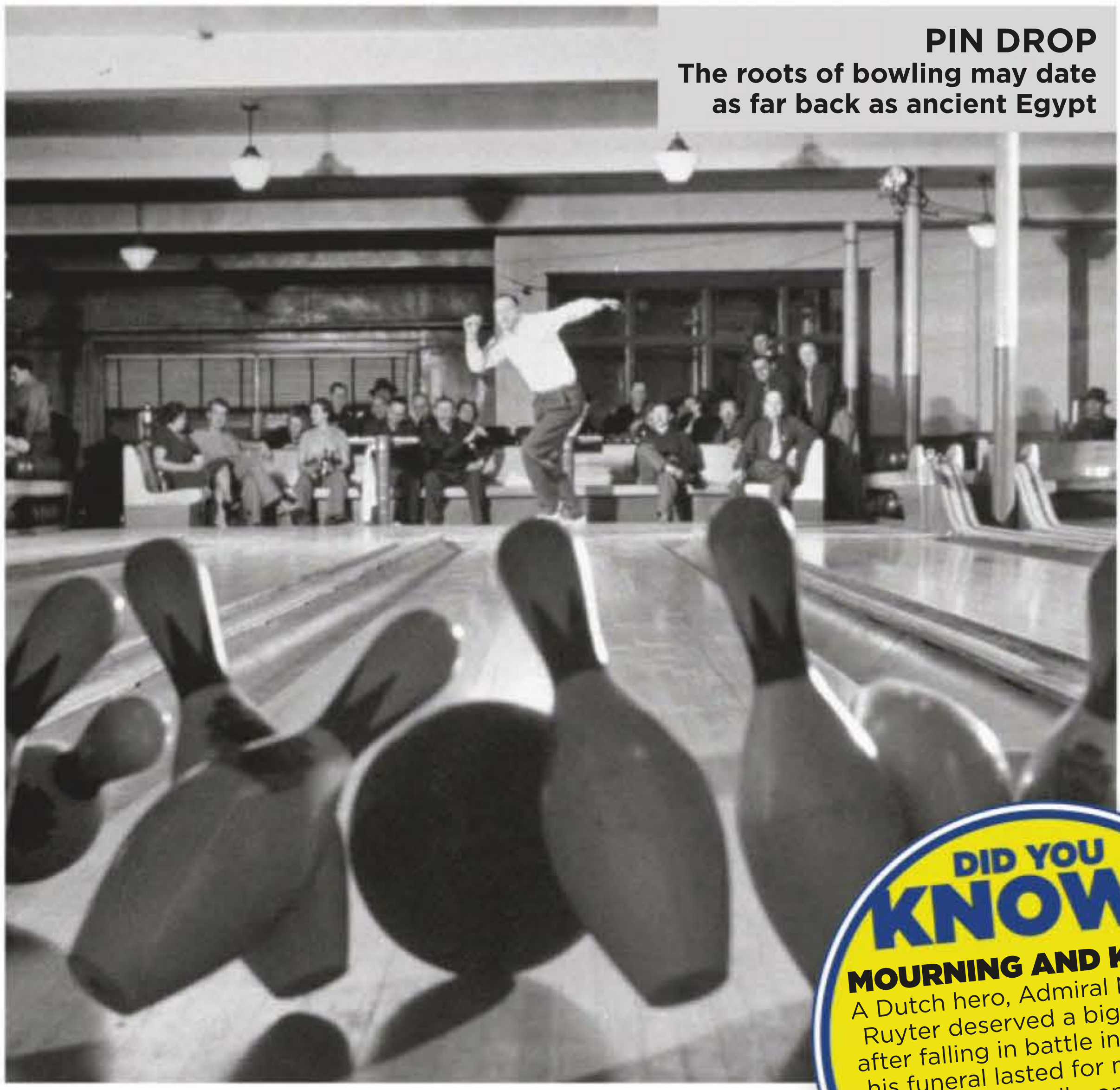
Cochran went on to smash a heap of speed, distance and altitude records. She still holds more records than any other pilot in history.

ALAMY X3, GETTY IMAGES X1

WHEN WAS BOWLING INVENTED?

Germans played a precursor of bowling in around the third century AD, although they didn't throw for points and strikes, but for their souls. When gathered at church, they would set up the clubs they carried, called kegels, to represent the heathen and try and knock them down with a stone. Toppling the heathen kegels was believed to cleanse the throwers of their sins.

But that's not necessarily the full answer here. To pick up the spare, we should also mention that a bowling-like game existed at a much earlier date. Nine pieces of vase-shaped stones of alabaster and a porcelain ball were discovered in the grave of an Egyptian child dating to the late fourth millennium BC. It looks like the ball had to be hurled towards the pins through a miniature marble archway.



PIN DROP
The roots of bowling may date as far back as ancient Egypt

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ALFR. NOBEL

DYNAMITE IDEA
Explosives expert Alfred Nobel financed his prizes to rebuild his reputation

WHY DID NOBEL START HIS PRIZE?

Regarded among the planet's most prestigious awards, the Nobel Prizes are the pinnacle of intellectual achievement – awarded in the fields of chemistry, physics, medicine, literature and peace. There is also an associated prize for economic sciences.

The Swedish chemist, inventor and industrialist Alfred Nobel had started out in his father's factory, which built sea mines and military equipment, before making his fortune developing high explosives. His greatest success was dynamite. He believed it would be seen as a force for good, declaring: "As soon as men will find that in one instant, whole armies can be utterly destroyed, they surely will abide by golden peace."

Nobel was wrong and he came to regret deeply the impact of his inventions on warfare. One, possibly apocryphal, story goes that when his brother died and a newspaper mistakenly printed his own obituary, Nobel was hit hard by the moniker he had been given: "the merchant of death". In his will, he left most of his vast wealth to fund annual prizes "to those who shall have conferred the greatest benefit on mankind", perhaps to atone for his work with instruments of death and destruction.

He succeeded in retrospectively rewriting his legacy. The first Nobel Prizes were handed out at a ceremony in Stockholm on 10 December 1901, the fifth anniversary of his death.

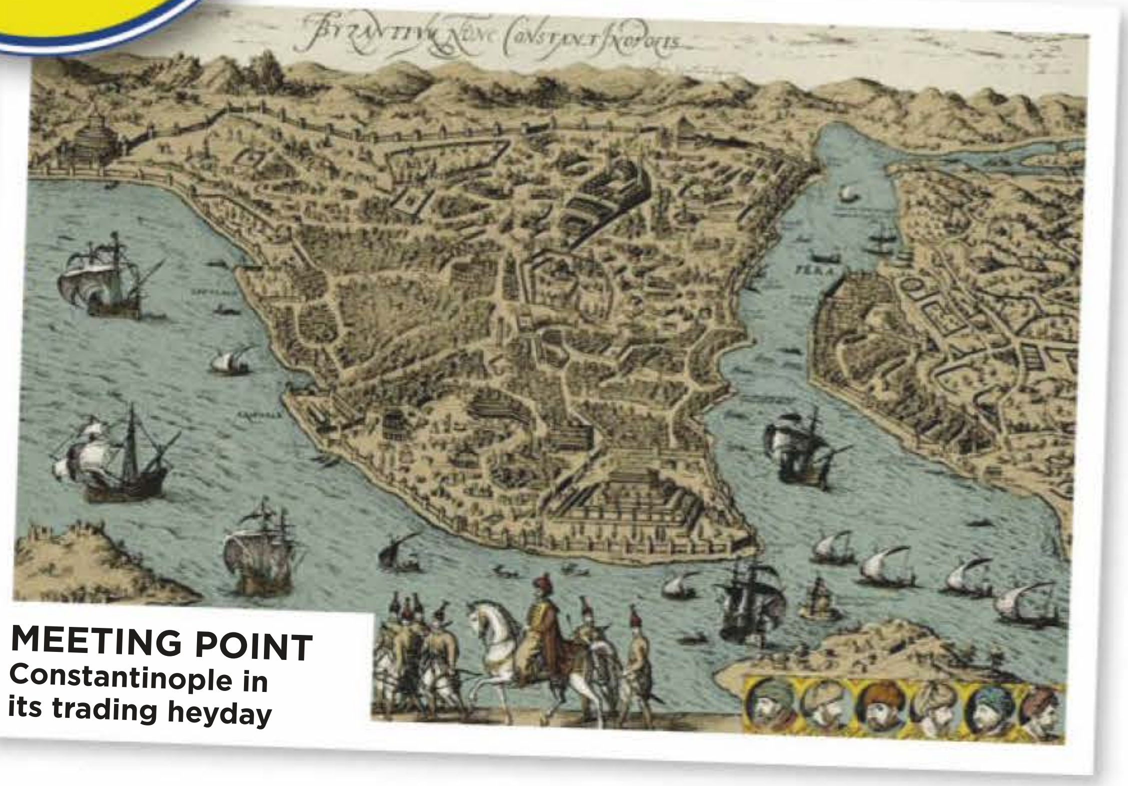
DID YOU KNOW?

MOURNING AND KNIGHT
A Dutch hero, Admiral Michiel de Ruyter deserved a big send-off after falling in battle in 1676, and his funeral lasted for more than four hours. Sadly, one of the men attending, who stood dressed in full armour all the way through, died of exhaustion.

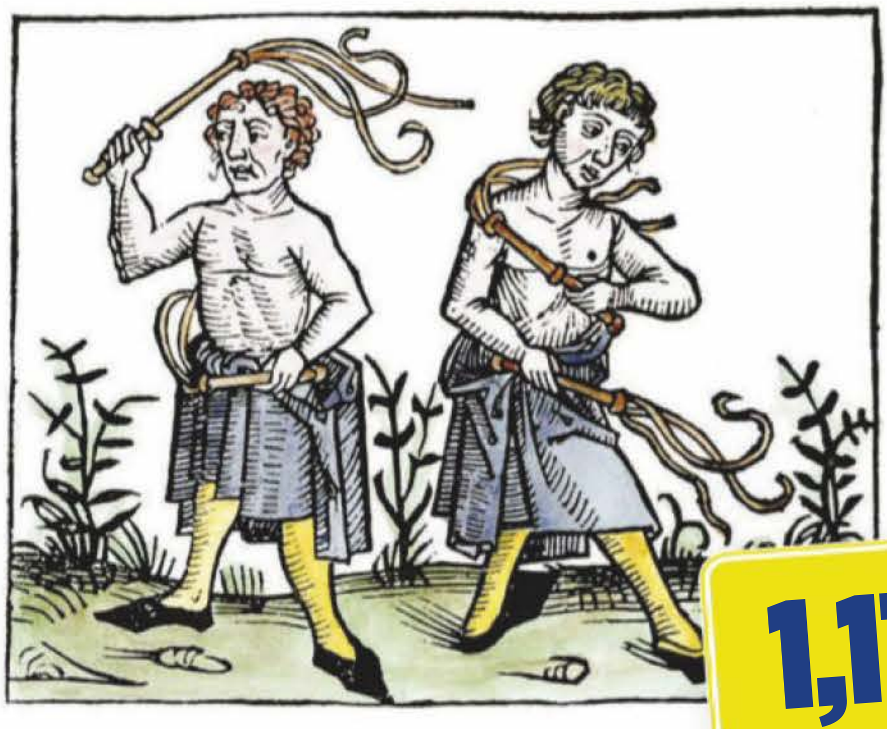
WHY DIDN'T THE OTTOMANS COLONISE THE NEW WORLD?

Powers such as England, Spain and Portugal sent ship after ship over the Atlantic, but the mighty Ottoman Empire didn't get in on the colonisation act. The Ottomans controlled the eastern Mediterranean, plus swathes of southeast Europe, western Asia and North Africa. However, to make a New World voyage meant going through waters held by their rivals or heading east and all the way around Africa.

The fact was that the Ottomans didn't need to make the effort. The empire's capital, Constantinople, sat at the crossroads for trade between Europe, Africa, the Middle East and the Silk Road. Why head west when the east offered so much? Combine that with Ottoman attention being taken by ongoing conflicts, and colonisation just wasn't a priority.



MEETING POINT
Constantinople in its trading heyday



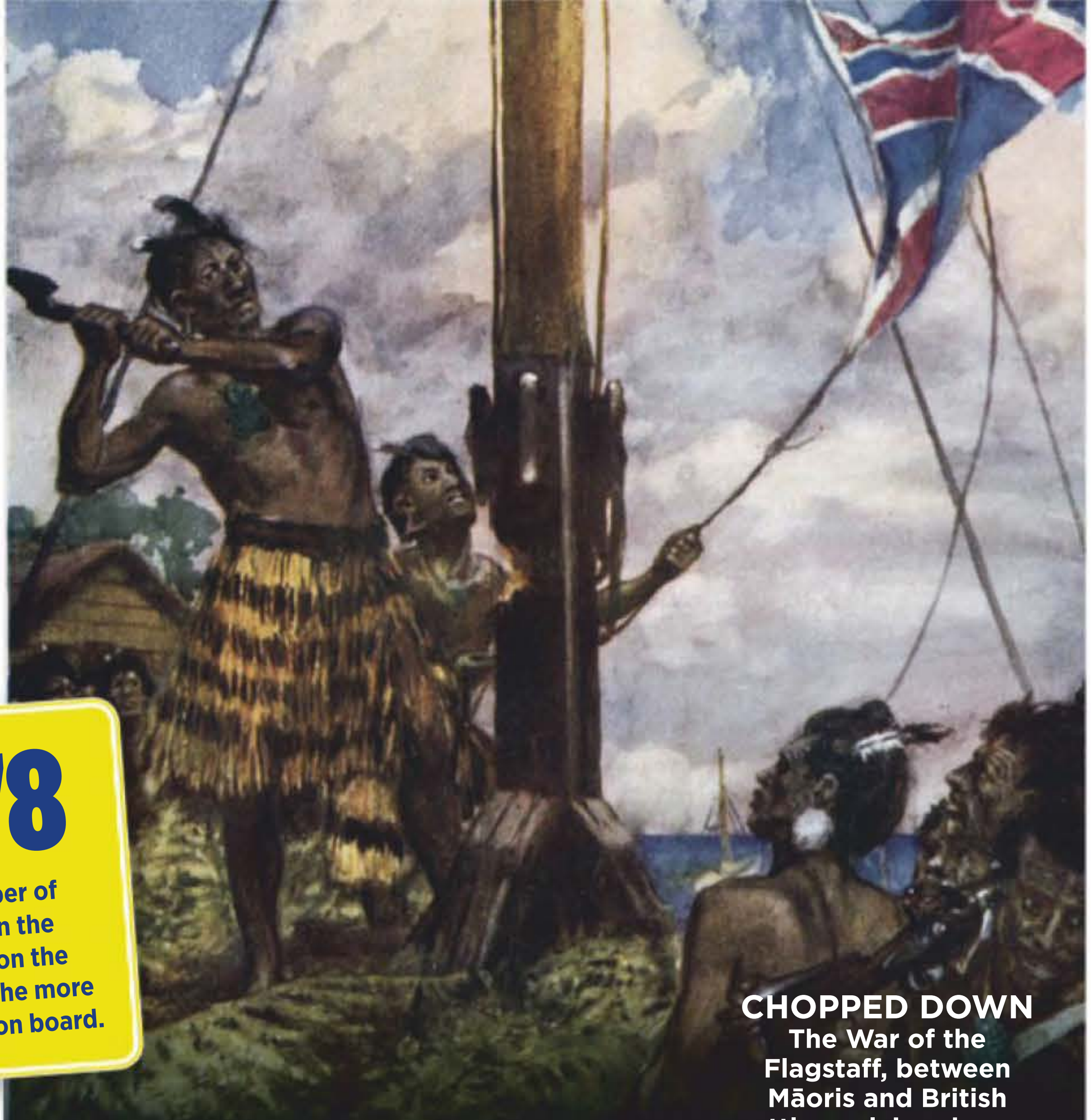
HAVING A WHIP-ROUND
Flagellants saw the Black Death as evidence of God punishing humankind

What was **flagellation**?

When the Black Death decimated Europe in the middle of the 14th century, people desperately sought any cure or trick to avoid joining the millions who perished. The widespread belief that the pestilence spread in foul air led to many carrying packets of herbs to sniff, filling their homes with flowers or, curiously, living in the sewers, hoping the smell was so bad the plague wouldn't reach them.

As for the flagellants, they regarded the plague as God's wrath for human immorality. They whipped themselves bloody and raw in frenzied acts of penance, often adding metal studs or nails to the ropes to ensure their backs were ripped to shreds. Although condemned by the church, flagellants became something of a travelling show, moving in huge groups, sometimes in the thousands. There is no evidence, though, of flagellants being spared from the disease.

1,178
The number of spaces on the lifeboats on the *Titanic* for the more than 2,200 on board.

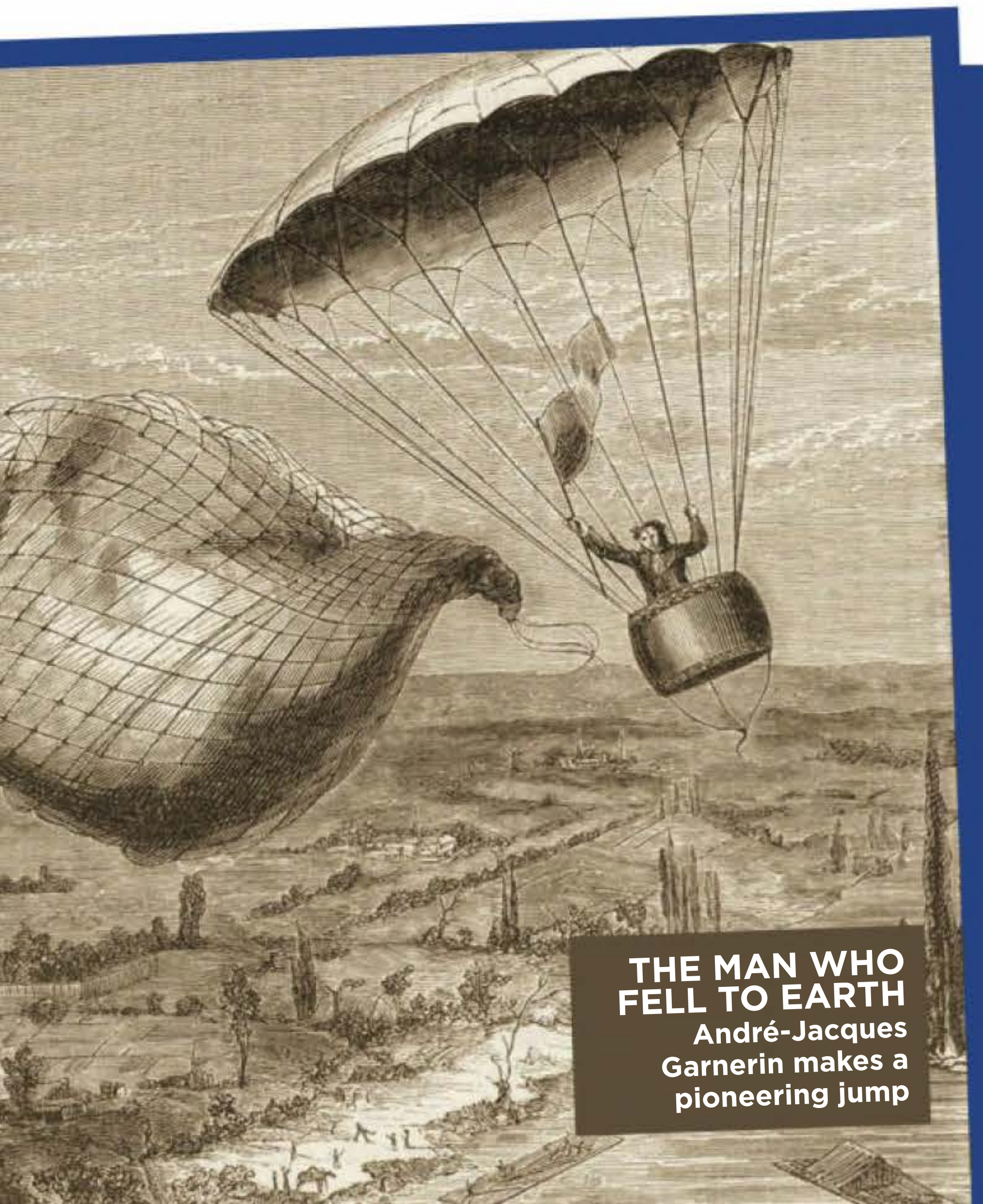


CHOPPED DOWN
The War of the Flagstaff, between Māoris and British settlers, claimed more than 100 lives

WHO FOUGHT OVER A FLAGSTAFF?

In March 1845, tension between the Māori tribes of northern New Zealand and British settlers boiled over. The War of the Flagstaff, which would last until January 1846, broke out. The conflict took its name from the first casualty: a flagstaff that flew the Union Flag over Maiki Hill, at the Bay of Islands, until a Māori chopped it down.

The flagstaff was quickly re-erected, only for a local chief named Hone Heke to cut it down again. Then he did it a second time. Then a third. At the last felling, a battle broke out and Hone Heke led the Māori into war.



THE MAN WHO FELL TO EARTH
André-Jacques Garnerin makes a pioneering jump

WHO MADE THE FIRST PARACHUTE JUMP?

The idea of floating to earth actually dates back at least to ancient China, and Leonardo da Vinci sketched a parachute design in the 15th century. However, it wasn't until the 18th century that several fearless, or foolhardy, Frenchmen got on with the practical business of building and testing parachutes.

Louis-Sébastien Lenormand came first in 1783. Following a jump out of a tree holding modified umbrellas, he leapt from the tower of Montpellier observatory. It was Lenormand who invented the word 'parachute' (meaning 'defence against a fall').

Not long afterwards, Jean-Pierre Blanchard proved his design for a parachute could be effective from a greater height – by throwing a strapped-up dog out of a hot air balloon. The ultimate test for the new idea, however, came on 22 October 1797. André-Jacques Garnerin took the leap from a balloon 1,000m above Paris, in a basket attached to a silk canopy. He spun around wildly and came down to Earth with a bump, but he was (mostly) unhurt.

HOW OLD IS THE ORRERY?

With exquisite craftsmanship and intricate moving parts, an orrery is a mechanical model of the solar system to show the positions and motions of the planets around the Sun. Technically, the history of the orrery began in 1704, the year clock makers George Graham and Thomas Tompion built a device under the patronage of Charles Boyle, Earl of Orrery – hence the name.

But humans have long been fascinated with the heavens and this was by no means the first attempt to build such a model. Ancient Greeks made the Antikythera mechanism, a device of extraordinary complexity used to track the celestial calendar – although it wouldn't be until after Copernicus that models would be made with the Sun at the centre.

Orreries had to be adapted as new planets were observed and then, in 2006, all the Plutos had to be removed when the icy sphere was reclassified as a plutoid, or dwarf planet.

APRIL
GEMINI
CANCER
JUNE
JULY
AUGUST
SEPTEMBER
VIRGO

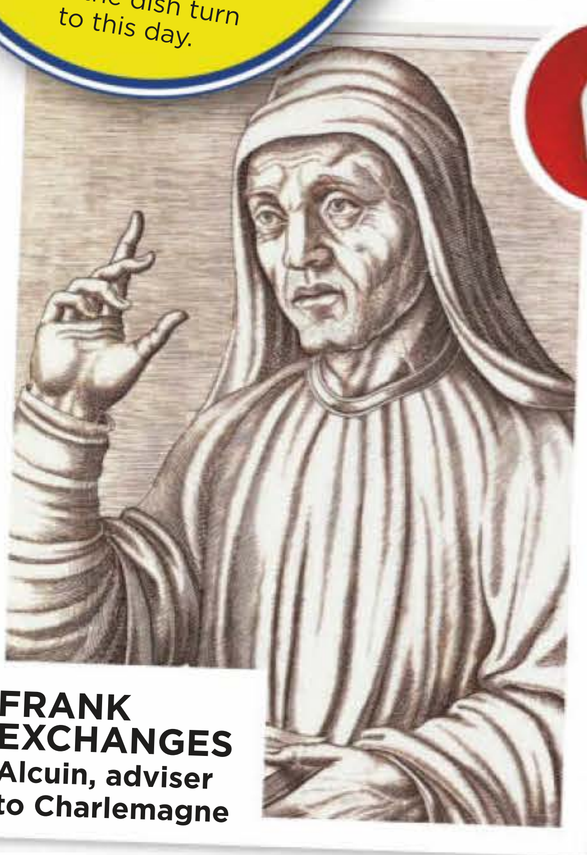
GETTING AROUND
An 18th-century orrery shows the orbits of the Earth, Venus and Mercury

Who was **Alcuin of York**?

He became an influential figure across Europe in matters of religion, politics and education, but if not for a chance encounter, Alcuin might have seen out his days as a teacher in York.

In AD 781, while serving as master of York's cathedral school, Alcuin was sent on a mission to Rome to petition the pope for the confirmation of the city's status as an archbishopric. On his journey home, Alcuin met with Charlemagne, King of the Franks, who happened to be looking for scholars to join his court. Charlemagne invited him to be a chief adviser at the centre of his Carolingian Empire at Aachen.

There, Alcuin formed a palace school, which became a hotbed of ideas and the centre of an intellectual movement, and implemented far-reaching church reforms. Before eventually heading back home, Alcuin became a religious leader in Europe, despite being only a deacon. He also helped invent a new script, the Carolingian miniscule.



FRANK EXCHANGES
Alcuin, adviser to Charlemagne

DID YOU KNOW?

AIM FOR THE STARS
When building the Lovell Telescope at Jodrell Bank during the 1950s, steel shortages meant that metal had to be reused. Gun turrets from decommissioned battleships HMS Revenge and HMS Sovereign help the dish turn to this day.

HEADQUARTERS
8063
MOBILE ARMY
SURGICAL HOSPITAL

COMBAT MEDICS
Surgeons Richard Warren (*left*) and Roger Wilcox in Korea, 1952

WHEN WERE MASH UNITS LAST USED?

Thanks to long-running television series *M*A*S*H*, it's virtually impossible to think of a MASH unit, or Mobile Army Surgical Hospital, without thinking of the Korean War of the early 1950s. However, the origins of these units dates back to the end of World War II, and they later went on to be used in US conflicts throughout the 20th century, including Vietnam and the Gulf War.

In fact, the last MASH unit only said 'Goodbye, Farewell And Amen' – to quote the title of the final episode of *M*A*S*H* – in 2006. The 212th MASH's last deployment was in Pakistan, part of relief efforts after the 2005 Kashmir earthquake. The unit was converted to a more up-to-date Combat Support Hospital.

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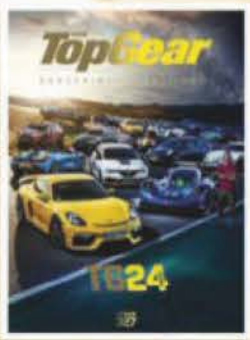
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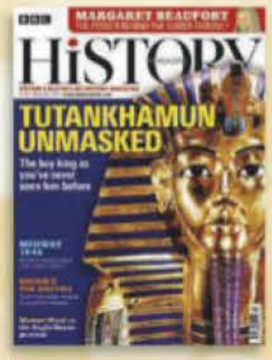
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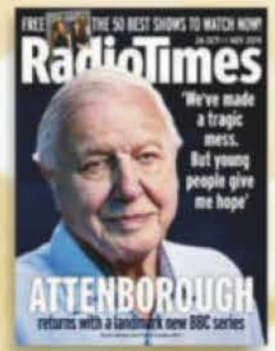
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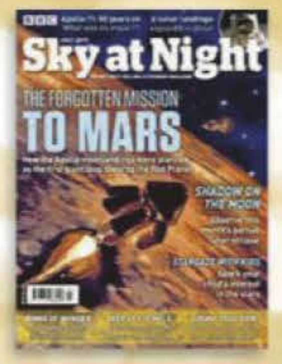
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ON OUR RADAR

A guide to what's happening in
the world of history over
the coming weeks

EXPLORING MEDICINE

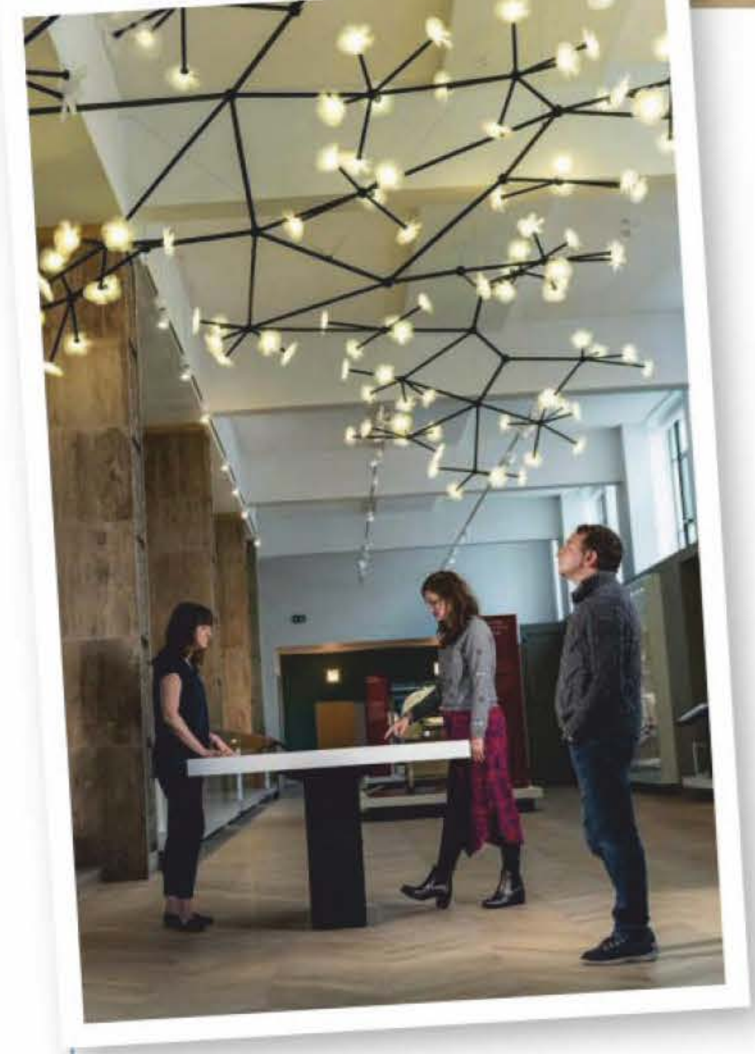
Artefacts in the Exploring Medicine Gallery

NEW GALLERY

Medicine: The Wellcome Galleries

Science Museum, London, *www.sciencemuseum.org.uk*

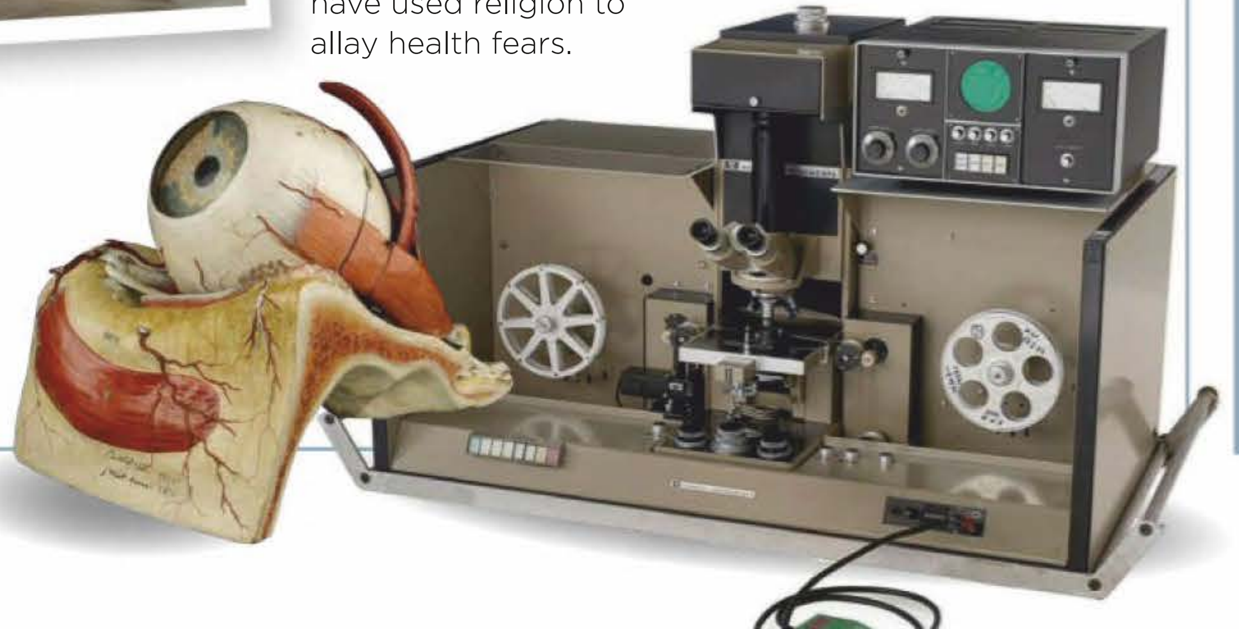
The first floor of the Science Museum has been transformed to become home to five interactive galleries that bring the history of medicine to life. Spanning an area equivalent to 1,500 hospital beds, the galleries now hold the world's largest medical artefact collection. Visitors can see the first MRI scanner, the mould that led to Alexander Fleming's discovery of penicillin, as well as the first robotic surgical equipment ever used. Each gallery looks at medicine from a different angle, including how the image of the body has changed over time and how different cultures have used religion to allay health fears.



ABOVE: **Visitors in the new Medicine and Communities Gallery**

RIGHT: **A model of a human eye, 1870**

FAR RIGHT: **1960s cell-screening equipment**



WHAT'S ON

A gripping WWI film hits the big screen p85

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Roman Caerleon.........p88

BOOK REVIEWS

Our look at the best new releases....p90

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OF
BIRDS
AND
WOLVES
THE SECRET GAME THAT WON THE WAR
SIMON PARKIN

CROWN COPYRIGHT (2019) CADW/WELSH GOVERNMENT X1, BBC/ECOSSE FILMS/BEN BLACKALL X1, SCIENCE MUSEUM GROUP X4, UNIVERSAL STUDIOS X1

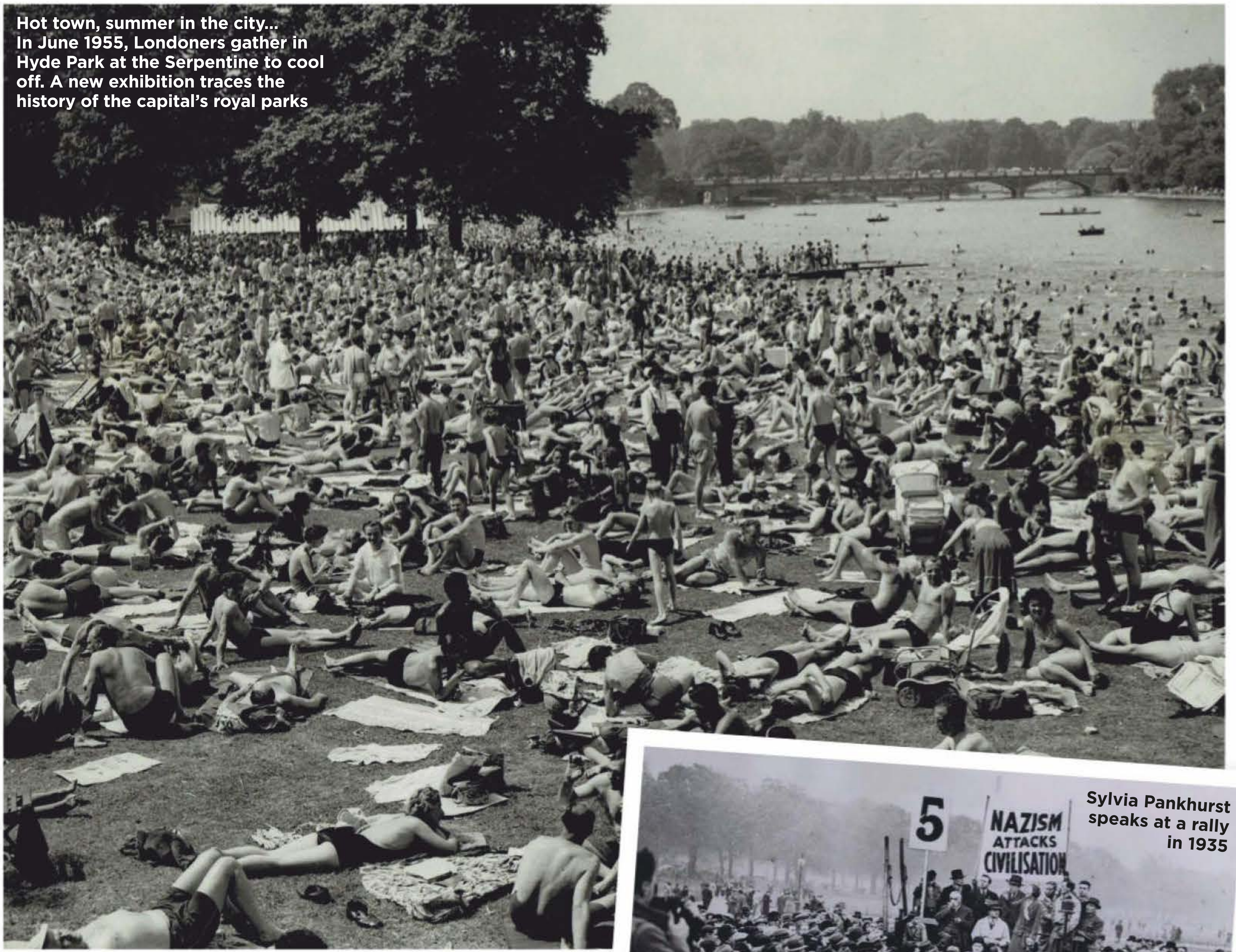
JAMES MORGAN

EXHIBITION

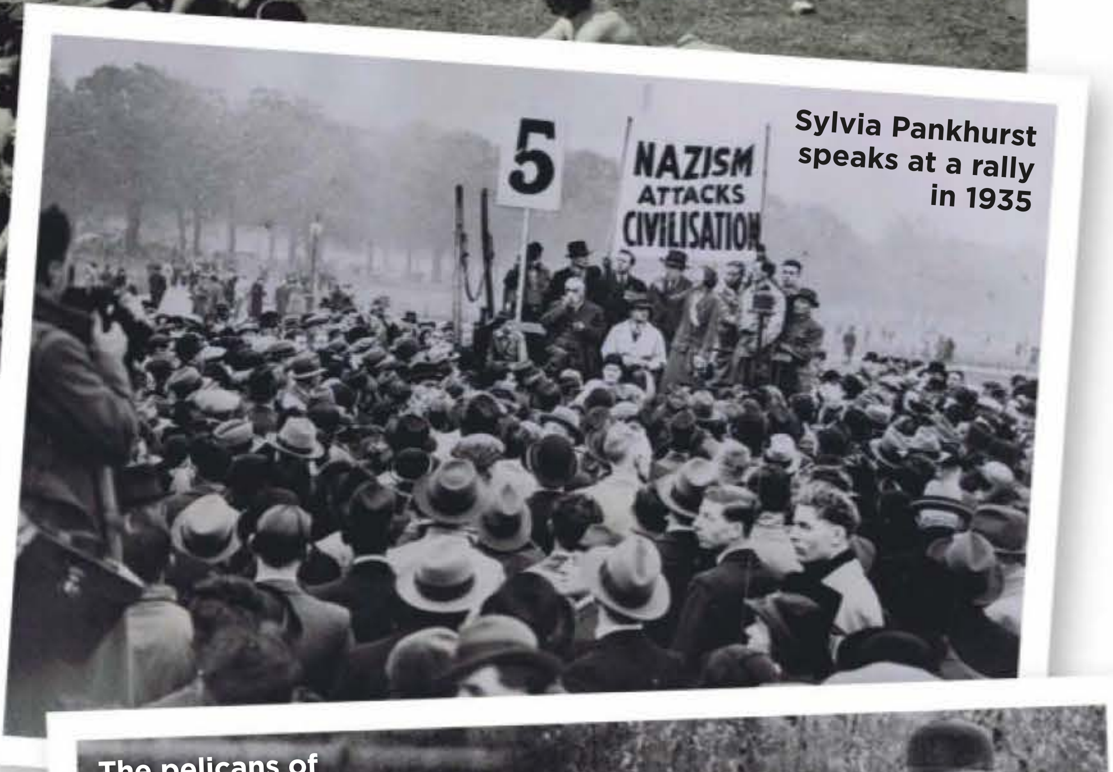
Tyrannosaurs

National Museum of Scotland, Edinburgh,
23 January – 4 May, *www.nms.ac.uk*

The king of the dinosaurs comes to Scotland, marking the only European stop for this international exhibition. A life-size cast of the largest and most complete T-Rex skeleton in the world – known as 'Scotty' and originally found in 1991, near the town of Eastend in Saskatchewan, Canada – will also be coming along. An augmented reality experience will allow visitors to get up-close and personal with these feared prehistoric creatures, and debunk some of the myths surrounding this terrifying predator.



Hot town, summer in the city… In June 1955, Londoners gather in Hyde Park at the Serpentine to cool off. A new exhibition traces the history of the capital's royal parks



Sylvia Pankhurst speaks at a rally in 1935

The pelicans of St James's Park get a feed, 1936

EXHIBITION

Play, Protest and Pelicans: A People's History of London's Royal Parks

Garden Museum, London, until 9 February,
www.gardenmuseum.org.uk/exhibitions

Greater London boasts eight royal parks – green spaces on land that once belonged to the British royal family, and now beloved as picnic spots, dog-walking locations and tourist attractions. The history of the parks is more intriguing than first meets the eye, as this exhibition explores. Many of the parks began life as hunting grounds for monarchs, but over time they transformed into depraved pleasure gardens, stages of political protest and, during wartime, training spaces.

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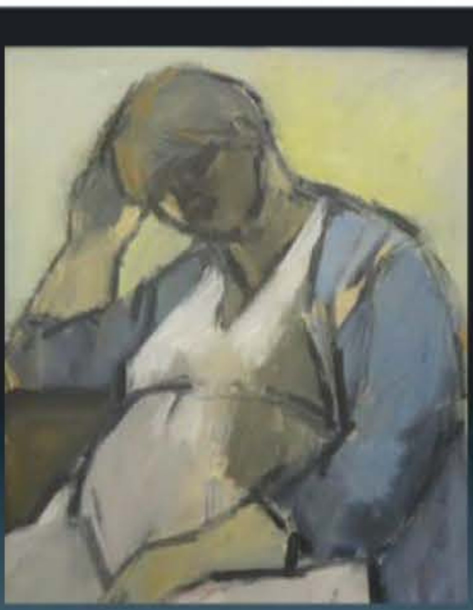


‘Self Portrait Pregnant’ by Ghislaine Howard, 1984

EXHIBITION

Portraying Pregnancy: From Holbein to Social Media

The Foundling Museum, London, 24 Jan 2020 – 26 Apr 2020, *www.foundlingmuseum.org.uk*

For much of the past 500 years, many women would have spent much of their adult life carrying children, yet pregnancy was rarely shown in art. Nevertheless, images do exist. This exhibition looks at how pregnant women have been shown in portraits down the years – examining social attitudes and superstitions surrounding pregnancy.

EXHIBITION

Innovate

National Waterfront Museum, Swansea, until 20 April, *www.museum.wales/swansea/whatson*

Wales may be a comparatively small nation, but its contribution to the world of technology has been huge. In 1804, the first ever railway journey took place, between Penydarren and the Merthyr-Cardiff canal, in South Wales. Cornish inventor Richard Trevithick created the first locomotive, which would later be used to drive the forge hammer at the Penydarren ironworks. And one of the earliest examples of British aircraft – the Goch monoplane – was also created in Wales. Follow innovation in Wales through the centuries in this enlightening exhibition.

FILM

1917

Released in the UK on 10 January, *www.1917.movie*

During World War I, two British soldiers in northern France are given a dangerous mission. Sent into the heart of German territory, the young men are tasked with warning British troops of an ambush. This ambitious film was shot to appear as one continuous take and is, in part, based on the memoirs of director Sam Mendes’s grandfather. A starry cast includes George MacKay, Dean-Charles Chapman, Andrew Scott, Colin Firth and Benedict Cumberbatch.

EXHIBITION

Surviving the Stone Age

Gosport Gallery, 11 January – 22 February, *www.hampshireculture.org.uk/event/surviving-stone-age*

How did people stay alive in Stone Age Britain? Without the wonders of modern technology, they had to hunt to eat and navigate extreme changes in climate. Enjoy some hands-on family fun looking at stone tools made by Hampshire’s ancient ancestors more than 400,000 years ago and examine the bones of woolly mammoths. Try your hand at cave painting and tracking animals – would you have survived? Plus have a sniff of some Stone Age smells, if you dare…

A new exhibition explores the lives of Stone Age Britons

ALSO LOOK OUT FOR

▶ Forgotten Victims: The Nazi Genocide of the Roma and Sinti – Uncover the tragic stories of the Roma and Sinti people who were persecuted in Nazi-occupied Europe. The Wiener Holocaust Library, London, until 11 March 2020, *bit.ly/2s8Rqqn*

▶ An English Lady’s Wardrobe – Explore the fashion habits of Liverpool’s women in the interwar years. Walker Art Gallery, Liverpool, until 1 March 2020, *bit.ly/2KPqYbJ*

GHISLAINE HOWARD X1, UNIVERSAL STUDIOS X2

TV AND RADIO

The hottest documentaries, podcasts and period dramas

Stephen Ward ***(played by James Norton, right*****) was the man who introduced Conservative politician John Profumo to model Christine Keeler (*****inset*****)**

ONE TO WATCH

CLOSED RANKS

The Trial of Christine Keeler

BBC One, 29 December

Very little film exists of Stephen Ward, the society osteopath who was one of the central figures in the Profumo sex scandal in the early 1960s. Yet, says James Norton who plays Ward in a new six-part drama, one piece of archive that does survive is especially telling.

"It was just him talking about the way the press had distorted all the facts," Norton says. "You just sense the panic beginning to rise and the way he's suppressing it."

Ward was right to be worried. As the establishment closed ranks, he was charged with living off immoral earnings and, dropped by the great and the good, took his own life. Without excusing his behaviour – "He did groom young women," says Norton – Ward, a louche voyeur, was a fall guy in a scandal whose wider significance was to help to signal an end to the age of deference. Written by Amanda Coe, the BBC's new take on the Profumo affair also explores how events would have looked from the perspectives of teenage showgirls Christine Keeler (Sophie Cookson) and Mandy Rice-Davies (Ellie Bamber).

▶▶ Keep an eye on *www.historyextra.com* for more from James Norton, and a set visit to the filming of *The Trial of Christine Keeler*.

BBC/ECOSSE FILMS/BEN BLACKALL X2, BBC/WALL TO WALL/TESSA HALLMANN X1, BBC/NEAL STREET PRODUCTIONS X1, GETTY IMAGES X2

The midwives make a return in the new year

MATTERS OF LIFE AND DEATH

Call The Midwife

BBC One, January

The Poplar baby-birth facilitators are back. Series nine of Heidi Thomas's hit drama resumes the story in 1965 and begins with the funeral of Winston Churchill, metaphorically a harbinger of change. In London's East End, the slums are being cleared, to be replaced by new tower blocks, and Nonnatus House itself faces demolition. Yet familiar problems recur for the midwives, those associated with poverty, homelessness, the premature death of beloved infants, the stigma surrounding illegitimacy and diseases such as tuberculosis.

ROYAL SHAPESHIFTER

Heart And Soul: The Queen Of Sheba

BBC World Service, Friday 3 January

If we're to believe the legend, it's 3,000 years since the Queen of Sheba travelled to meet King Solomon. But who was she? Sarah Sands traces the Queen's appearances in different stories to find, among other incarnations, a pagan Sun-worshipping ruler in the Koran, a woman who returns to Ethiopia with a son by Solomon, and even Sheba as a rewriting of an Egyptian story concerning a bearded pharaoh. What we can be certain about, it seems, is that Sheba is an ancient muse, her story carried north along a spice route towards Jerusalem.

Baddiel investigates the historic and modern face of Holocaust denial

MISREADING THE PAST

Holocaust Denial: A History With David Baddiel

BBC Two, January

It's 75 years since the liberation of Auschwitz-Birkenau. Yet despite the horrors revealed at the infamous concentration camp and at so many others, there are still those who refuse to believe the Nazis systematically targeted Europe's Jewish people – but why this scepticism?

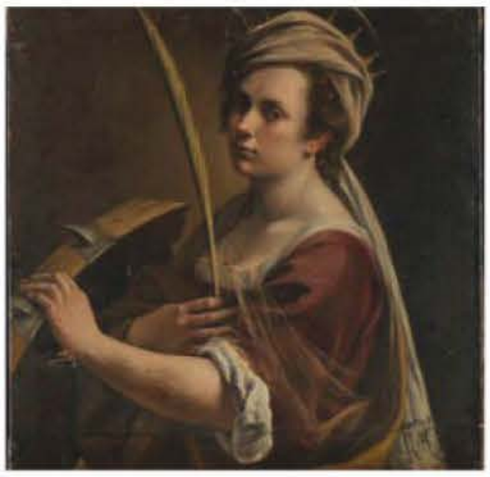
It's a question that's long fascinated David Baddiel, whose family suffered in the Holocaust, making this a deeply personal film. The comedian and writer also explores the question of whether understanding how Holocaust denial – a toxic mix of conspiracy theories and downright lies – has developed and mutated might help us to understand our post-truth era. "The fact that … forces have tried to undermine one of the most well-documented truths of history seems to me a key battleground in the fight between truth and lies," Baddiel has noted.

OVERCOMING THE ODDS

Sunday Feature: Gentileschi's Revenge

BBC Radio 3, January

The paintings of Artemisia Gentileschi (1593-c1656), a follower of Caravaggio, now sell for millions. Yet in her lifetime, her reputation was cruelly tainted by the rape trial that followed her assault as a teenager by another artist, Agostino Tassi, when she was tortured as a way to verify her testimony. Painter Caroline Walker traces Gentileschi's subsequent career, which saw her moving through a male-dominated world to become the first female painter to join the artists' academy in Florence.



Gentileschi's 'Self-Portrait as Saint Catherine of Alexandria', c1616

George Orwell was a novelist, essayist and critic

FLEXIBLE THINKING

Orwell In Five Words

BBC Radio 4, Monday 20 January

The work George Orwell often seems to foreshadow the present day. But how well do we really understand the writer's ideas? Marking the 70th anniversary of Orwell's death, Phil Tinline takes five words central to Orwell's work – fascism, truth, big, law and love – and considers how they might shed light on today's issues. In the 1930s, for instance, Orwell worried that bourgeois democracy was fascism's more civilised twin, but later championed democracy as totalitarianism's radical enemy. Can Orwell's switch in thinking help us tackle what many see as a contemporary crisis in democracy?

ALSO LOOK OUT FOR

▶ *Father Brown* (BBC One), the daytime series based on GK Chesterton's stories and starring Mark Williams as a sleuthing priest, returns in January.

▶ From Steven Moffat and Mark Gatiss of *Sherlock* fame, *Dracula* (BBC One, January) promises a gothic and gory take on the classic vampire tale.

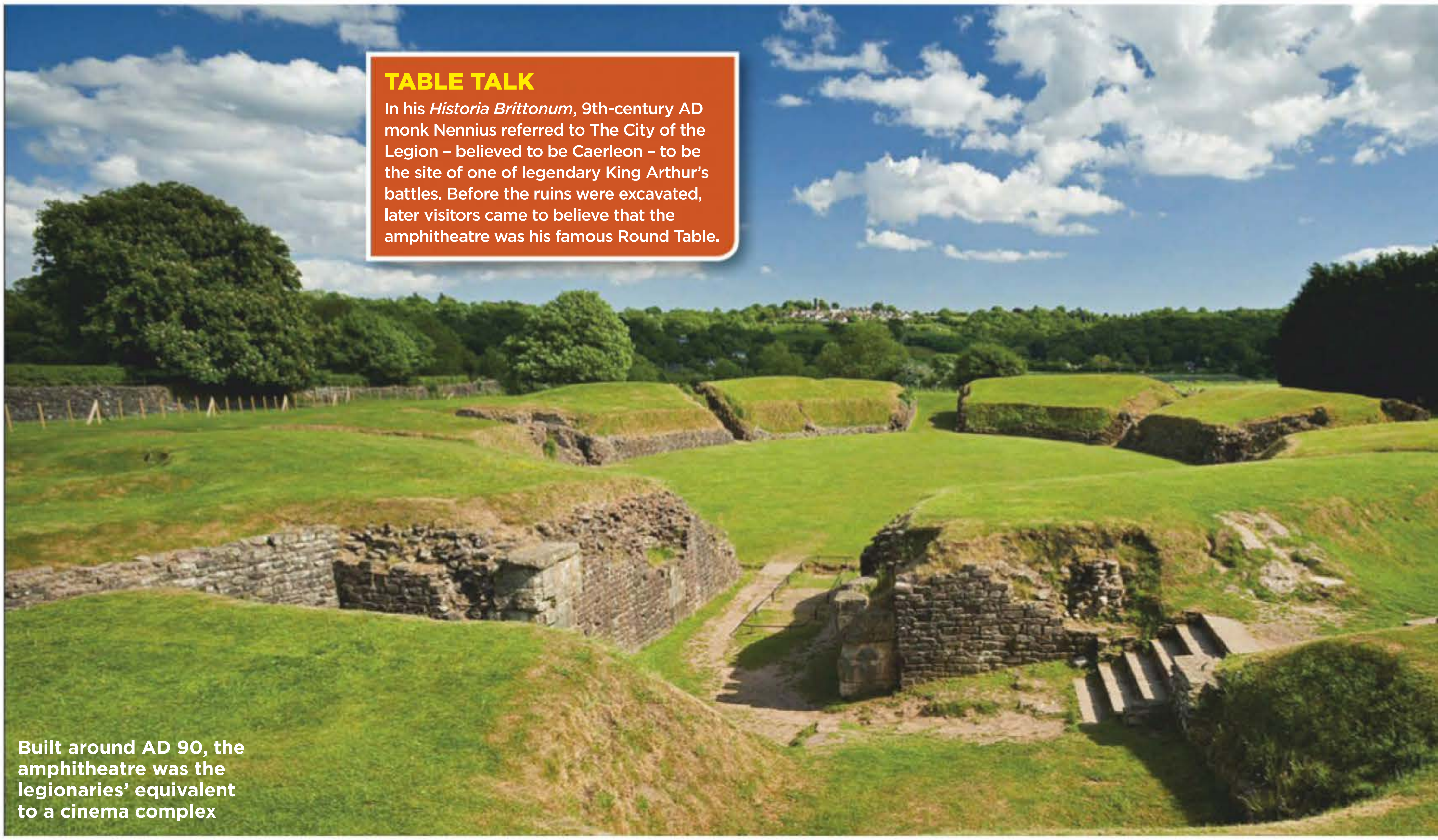


TABLE TALK
In his *Historia Brittonum*, 9th-century AD monk Nennius referred to The City of the Legion – believed to be Caerleon – to be the site of one of legendary King Arthur's battles. Before the ruins were excavated, later visitors came to believe that the amphitheatre was his famous Round Table.

Built around AD 90, the amphitheatre was the legionaries' equivalent to a cinema complex

BRITAIN'S TREASURES...

ROMAN CAERLEON Wales

Nestled in the Welsh countryside lies what was once one of the most important Roman fortresses, and now one of Britain's most prominent Roman ruins

GETTING THERE
Caerleon is easily accessible from the M4. Buses run from Newport.

OPENING TIMES AND PRICES
Museum: 10am-5pm Monday to Saturday and 12pm-3pm on Sundays. Entry is free. Fortress and baths: 10am-5pm Monday to Saturday and 11am-4pm on Sundays (10am-5pm daily from March to October). Adults £4.20, children £2.50. Amphitheatre daily 10am–5pm. Entry is free.

FIND OUT MORE
www.museum.wales/roman and *www.cadw.gov.wales/visit/places-to-visit/caerleon-roman-fortress-and-baths*

The small town of Caerleon looks like any other Welsh town at first glance, but it's home to some of the most well-preserved Roman ruins in Britain. Visitors can step back in time and experience what life would have been like in second-century AD Roman Britain.

In AD 43, the Roman invasion of Britain began at the command of Emperor Claudius. Five years later, in AD 48, the Second Augustan Legion arrived in what would become Wales and began constructing fortifications to secure the frontiers of the newly-expanded Roman Empire. The fortress at Caerleon – one of only three permanent Roman fortresses in Britain, alongside Chester and York – wasn't raised until AD 74-75. Made of wood and clay, it was named Isca – meaning water, referring to the nearby River Usk. Isca became the headquarters of the Second Augustan Legion and they would occupy it for almost 200 years.

By AD 100, work had begun on a stone fortress, covering 50 acres (the existing Roman Legion Museum is now built over part of the site). It contained barracks for the soldiers and separate quarters for officers, along with a hospital, baths and blacksmith and carpentry workshops. The ruins of the barracks are the only remains of their kind anywhere in Europe.

An amphitheatre was built for the entertainment of Isca's residents and it can still be seen today. It could seat up to 6,000 spectators in its wooden grandstand and would have held gladiatorial games.

The majority of soldiers stationed at Isca were from Italy southern Spain and southern Gaul, and would have needed some home comforts to cope with the unpredictable and decidedly cooler Welsh climate. That came

AMGUEDDFA CYMRU/NATIONAL MUSEUM WALES X3, ALAMY X1, CROWN COPYRIGHT (2019) CADW/WELSH GOVERNMENT X3

WHAT TO LOOK FOR...

AMPHITHEATRE

The most exciting entertainment venue for the Romans, this oval amphitheatre would have been the stage for bloody gladiatorial bouts and military parades.

BATHS

This complex had underfloor heating, hot and cold baths, exercise rooms and an open-air swimming pool that once held 80,000 gallons of water.

ROMAN GARDEN

The museum has recreated a garden full of plants introduced to Britain by the Romans. They were among the first to use gardens as decorative places.

ROMAN LEGION MUSEUM

Lying inside the fortress ruins, the National Roman Legion Museum explores the stories of those who lived at Isca – visitors can even dress up in replica legionary gear.

WRITING TABLET

The museum is home to the oldest-known piece of Roman writing in Wales. Dating to around AD 80, the wooden fragment describes soldiers' movements.

BARRACKS

The only complete Roman legionary barracks that you can visit in Europe, these long and narrow blocks were where the soldiers lived.

> **"Caerleon was one of only three permanent fortresses in Roman Britain, alongside Chester and York"**

in the form of the fortress's bathing facilities, which would have put some modern pools to shame. The soldiers would have enjoyed heated changing rooms, hot and cold baths, as well as an open-air pool.

By the end of the 3rd century, the legion had split up and left Isca, but the site was then occupied by a non-military population until the 370s.

THE RUINS TODAY

Today the National Roman Legion Museum tells the story of those who lived and served at Isca's fortress, as well as how the arrival of the Romans transformed Wales (and Britain) forever. Inside is a large gemstone collection, which includes precious stones believed to have been lost by bathers as they relaxed. The current museum building sits in the remains of the Roman fortress.

The importance of the site at Caerleon wasn't fully recognised until the early 20th century – the amphitheatre was excavated in the 1920s – and it is still throwing up unexpected finds. The remains of a harbour were discovered here in 2010, along with evidence that a much larger settlement was planned. Above the surface, Caerleon's ancient history is still visible in the town's streets, several of which still follow the original Roman layout.

From an archaeologist's point of view, Caerleon is a gem. As a small town it is far less built up compared to York and Chester, and its ruins have been left mostly undisturbed – allowing experts to glean fascinating insights into the lives of those who lived here nearly 2,000 years ago. ⊙

WHY NOT VISIT...

Other historical sites in southeast Wales

CHEPSTOW CASTLE

For nearly 1,000 years, Chepstow Castle has overlooked the River Wye and is Britain's oldest post-Roman stone fortification.
www.cadw.gov.wales/visit/places-to-visit/chepstow-castle

TINTERN ABBEY

Once a prestigious Cistercian abbey, Tintern was left to ruin during the Reformation and became a Gothic masterpiece, beloved by poets and artists.
www.cadw.gov.wales/visit/places-to-visit/tintern-abbey

BIG PIT NATIONAL COAL MUSEUM

Explore Wales's coal mining heritage and venture 300 feet underground to see the dark conditions miners worked in.
www.museum.wales/bigpit

BOOKS

This month's best historical reads

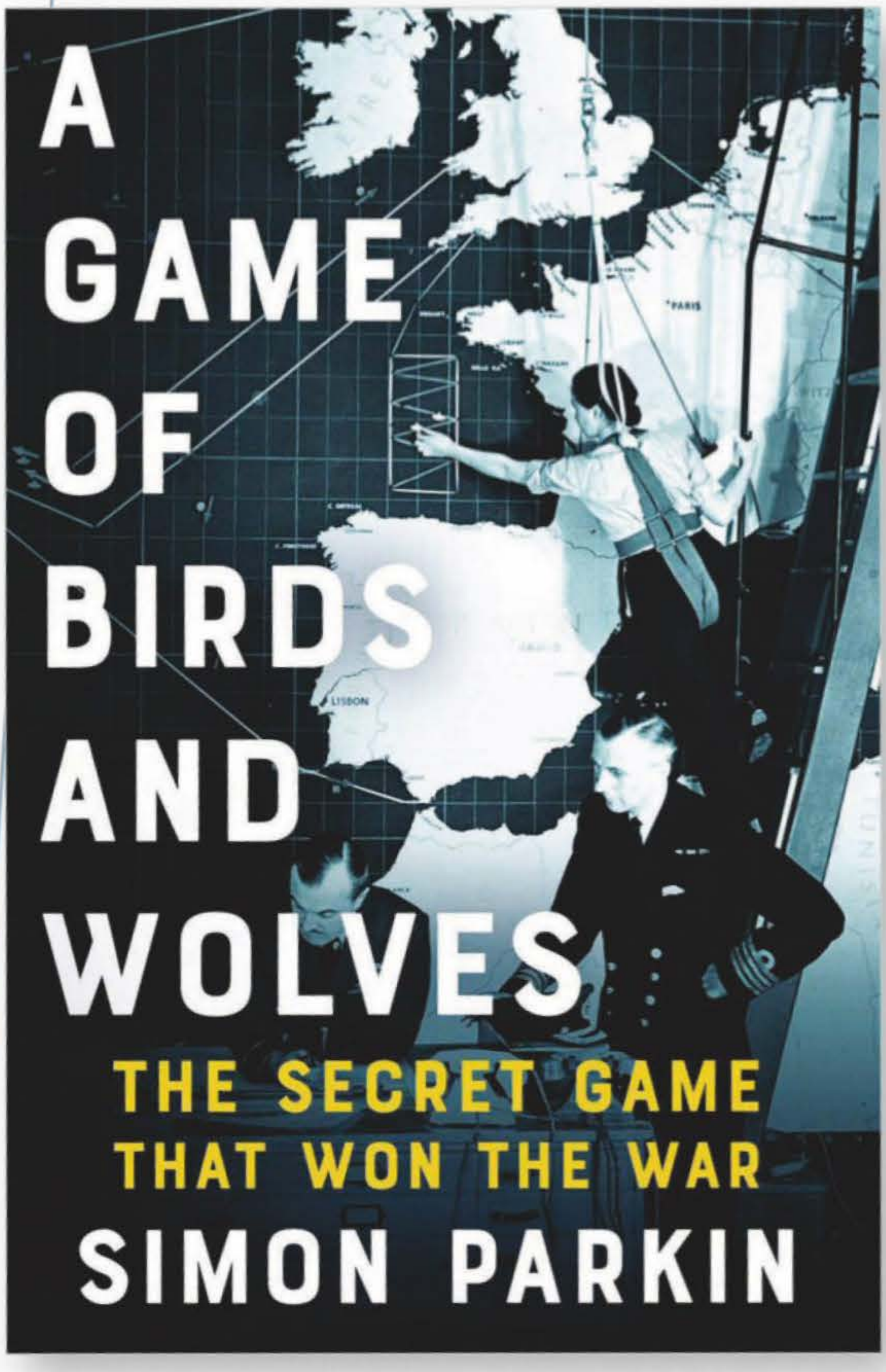
BOOK OF THE MONTH

A Game of Birds and Wolves: The Secret Game that Won the Second World War

By Simon Parkin

Sceptre, £20, hardback, 320 pages

While working on a radio documentary, writer and journalist Simon Parkin came across the little-known story of a group of women who had an enormous impact on World War II via unlikely means: playing a game. By running through possible ocean-bound scenarios, these women – part of the Western Approaches Tactical Unit – devised strategies to outfox the enemy, and with a huge degree of success. As Admiral Sir Max Horton put it at the end of the war, their work contributed "in no small measure to the final defeat of Germany". This is a thrilling story, compellingly told, that deserves a wider audience.



> "This is a thrilling story, compellingl told, that deserve a wider audience

SIMON PARKIN X1, GETTY IMAGES X1, COURTESY SUSAN ARMSTRONG

A Wren plotter marks the positions of Allied convoys and the 'best guess' locations of German U boats

Gilbert Roberts (*second row centre*) led the Western Approaches Tactical Unit. Some 66 women worked out wargames between February 1942 and July 1945

MEET THE AUTHOR

Simon Parkin how a wargames centre in Liverpool helped to transform the battle to protect WWII merchant shipping in the Atlantic, the loss of which would have crippled Britain

What sight would we have witnessed had we entered the room as the game was being 'played'?

The room in which the wargames were played was situated on the top floor of Derby House in Liverpool, the building from which the Battle of the Atlantic was conducted. It would have looked like a cross between a school gym and a playroom: the linoleum floor was divided into lines, like a chessboard, with the space between each marking representing a distance of ten nautical miles. Tiny wooden ship models, balls of wire wool and little flags marked the position of merchants ships and their Royal Naval protectors, while the position and movements of the hidden U-boats were marked in green chalk.

Around the edge of the room stood canvas sheets that looked a little like voting booths. Players on the British 'side' would survey the board through a slit in these canvas booths, designed to approximate visibility at sea, before making their moves in the game. At the end of the battle, everyone would come together and Gilbert Roberts, the founder of the unit, would talk through what had happened in the game, much like an after-match commentator, exposing and correcting mistakes in the players' tactical thinking.

> "Naval commanders initially viewed them with tremendous scepticism"

What breakthroughs did the unit make, and what did naval commanders make of it all?

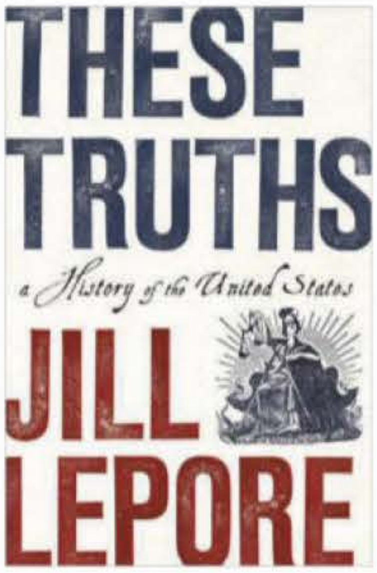
The first breakthrough came early in 1942, shortly after the unit's founding. Prior to this, the Navy had assumed that German U-boats were attacking Allied merchant ships from a distance of at least one kilometre – this was the firing distance that the manufacturers of the German torpedoes recommended. Unbeknown to them, in late 1940 Otto Kretschmer, the most famous of the U-boat aces, had pioneered a tactic whereby the U-boat would sneak into the middle of a convoy of merchant ships, and fire from point-blank range to guarantee a 'kill'. Roberts and the team exposed this "cardinal error" in British understanding, as one admiral put it, late one night while restaging a sea battle from December 1941. They surmised that the battle could only have played out in the manner that it did if the U-boats were attacking from a close distance.

This revelation led to the development of 'Raspberry', a countermeasure designed to flush out any U-boats lurking beneath the convoy ships after making an attack. Initially Roberts and his team were viewed with tremendous scepticism by naval commanders, who wondered what all this game-playing was about while there was a war on. Following this eureka moment, that attitude drastically changed.

Are there individuals whose experiences particularly stand out for you?

Jean Laidlaw was one of the young Wrens [members of the Women's Royal Naval Service] assigned to work at the unit. She named the Raspberry because, she said, it was like blowing a raspberry at Hitler. Her contribution to the unit's success was fundamental, and Roberts called her his "right-hand woman".

Janet Okell was another young Wren who, through playing the game repeatedly, became something of an expert in anti-submarine warfare, despite having never been to sea. In one memorable anecdote, Laidlaw and Okell took on Admiral Sir Max Horton, arguably Britain's foremost submarine expert, in a game. Five times the women defeated Horton, who played as a U-boat captain, enraging him and thereby showing the effectiveness of the wargame at turning rank amateurs into polished professionals.

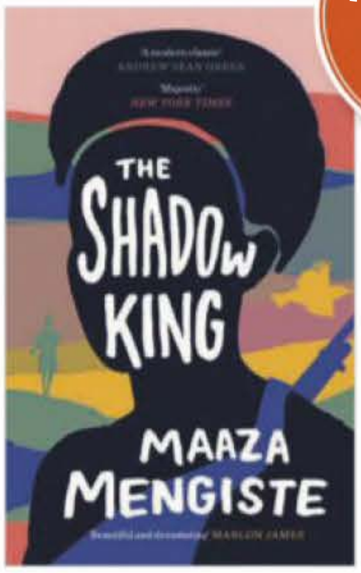

THESE TRUTHS
a History of the United States
JILL LEPORE

These Truths: A History of the United States

By Jill Lepore
WW Norton and Company, £30, hardback, 960 pages

Telling the entire story of a nation isn't easy, but it's something that this massive, magisterial history pulls off with aplomb. Ranging from the fate of the people who met Christopher Columbus in 1492 to the divisions entrenched by the 2016 election, it takes in revolution, constitution and civil war along the way. Studded with thoughts on everything from technology to the media, it's a remarkable feat.

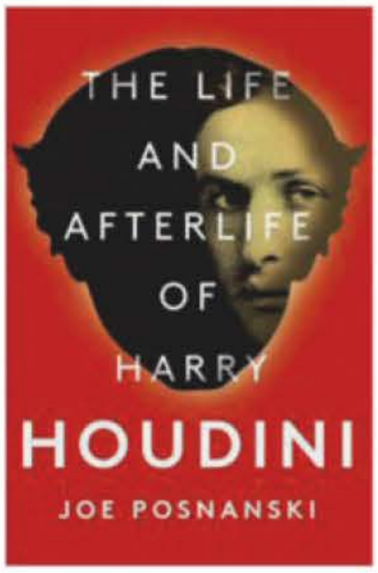
HISTORICAL FICTION


THE SHADOW KING
MAAZA MENGISTE

The Shadow King

By Maaza Mengiste
Canongate Books, £16.99, hardback, 448 pages

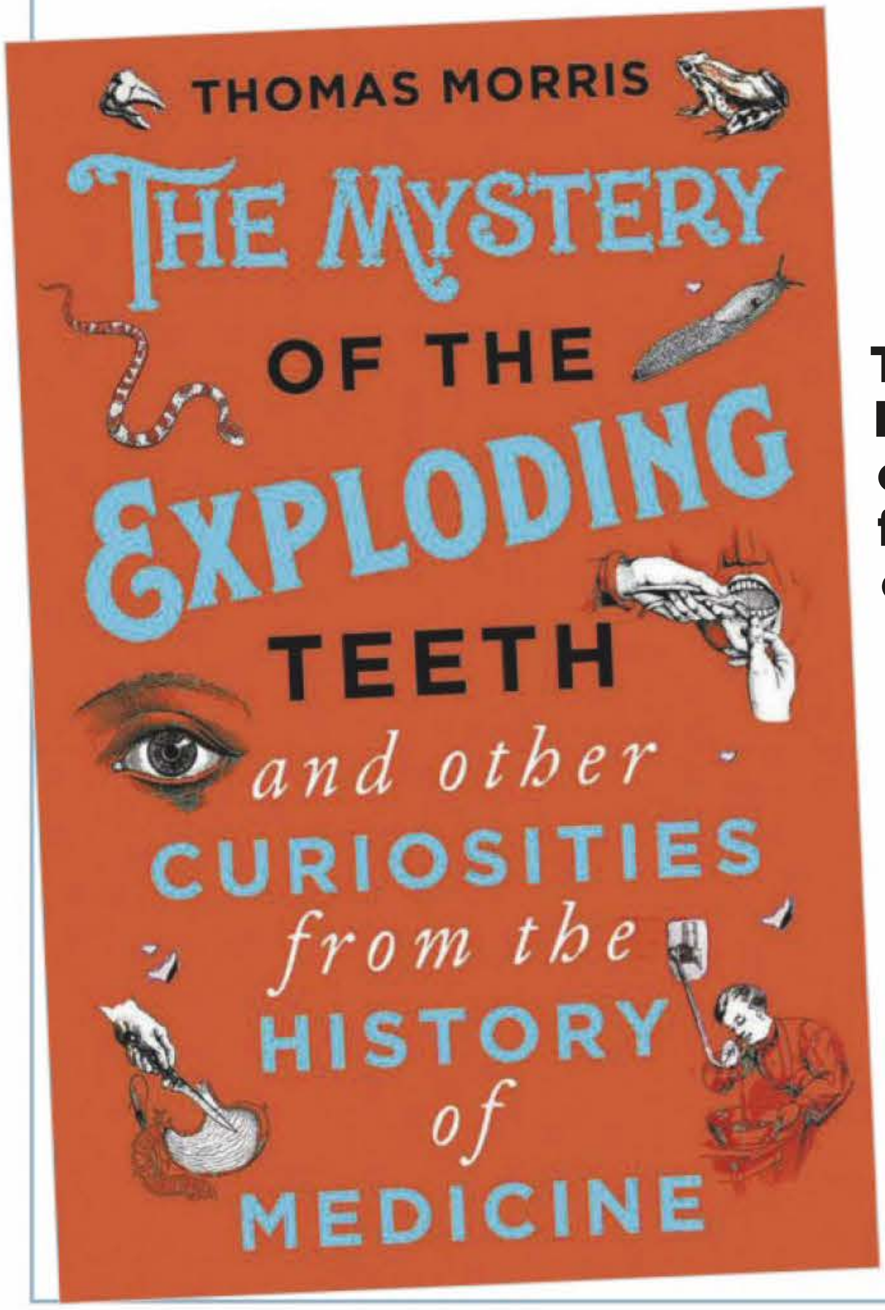
This evocative novel is set in a time and place that may seem remote: the run-up to, and bloody consequences of, the Second Italo-Ethiopian War of the 1930s. Yet it's brought evocatively to life through the story of Haiti, a young Ethiopian woman who is transformed from servant to warrior. Sometimes harrowing, always compelling, it's a rare look at the experiences of women in war.


THE LIFE AND AFTERLIFE OF HARRY
HOUDINI
JOE POSNANSKI

The Life and Afterlife of Harry Houdini

By Joe Posnanski
Simon & Schuster, £20, hardback, 336 pages

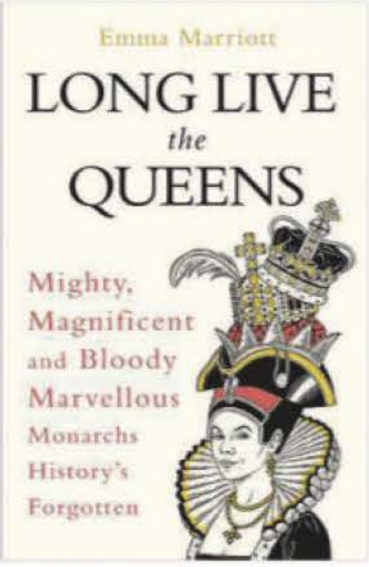
You've doubtless heard of Harry Houdini's feats of escapology, and this look at his life and legacy is just as extraordinary. Born Erik Weisz in 1874, Houdini escaped poverty to perform in vaudeville and carry out increasingly high-stakes stunts. Eschewing a normal biography format, this account visits Houdini's fans to find out why he still appeals, drawing on history along the way.


THOMAS MORRIS
THE MYSTERY OF THE EXPLODING TEETH
and other CURIOSITIES from the HISTORY of MEDICINE

The Mystery of the Exploding Teeth and other Curiosities from the History of Medicine

By Thomas Morris
Corgi, £8.99, paperback, 400 pages

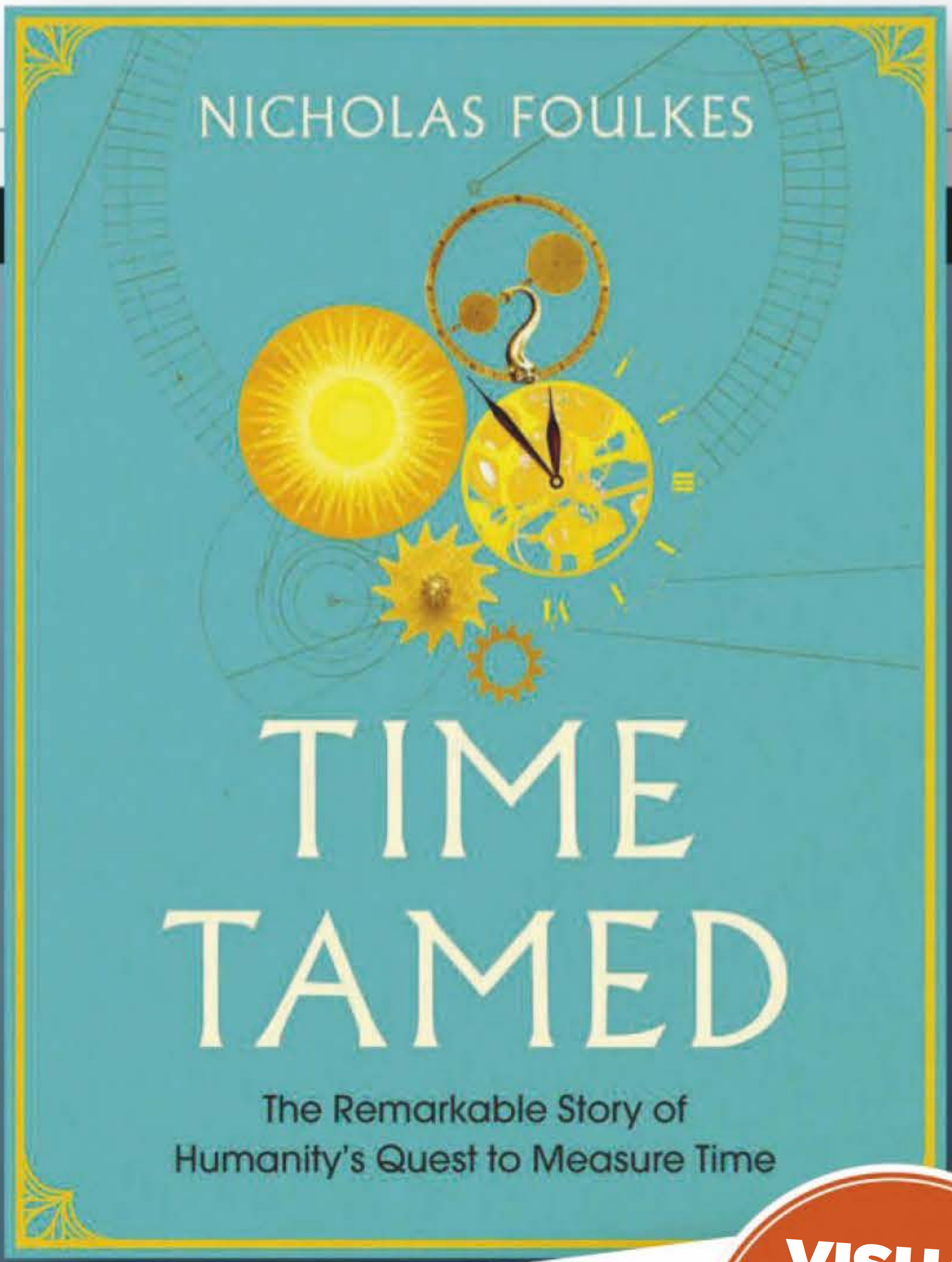
The 'curiosities' angle of this book's title is spot-on: its chapter titles are often hugely intriguing ('The boy who got his wick stuck in a candlestick', anyone?). Drawn from 300 years of medical journals and records, the associated tales are a heady mix of the bizarre, the grim, and the amusing. Taken together, they reveal the ways in which medical understanding has been revolutionised by individual ingenuity – often in the face of overwhelming odds.


Emma Marriott
LONG LIVE the QUEENS
Mighty, Magnificent and Bloody Marvellous Monarchs History's Forgotten

Long Live the Queens

By Emma Marriott
HarperCollins, £12.99, hardback, 256 pages,

The recent, refreshing vogue for female-centred history continues with this collection of accessible biographies of royal women. Particularly pleasingly, this book features not just the familiar names – Boudica, Margaret Tudor, Katherine Parr – but also rulers from the whole expanse of global history who you may not yet have heard of. Split into sections exploring trailblazers, free-thinkers, rebels and more, it's another welcome corrective to history by, for, and about men.



Time Tamed: The Remarkable Story of Humanity's Quest to Measure Time

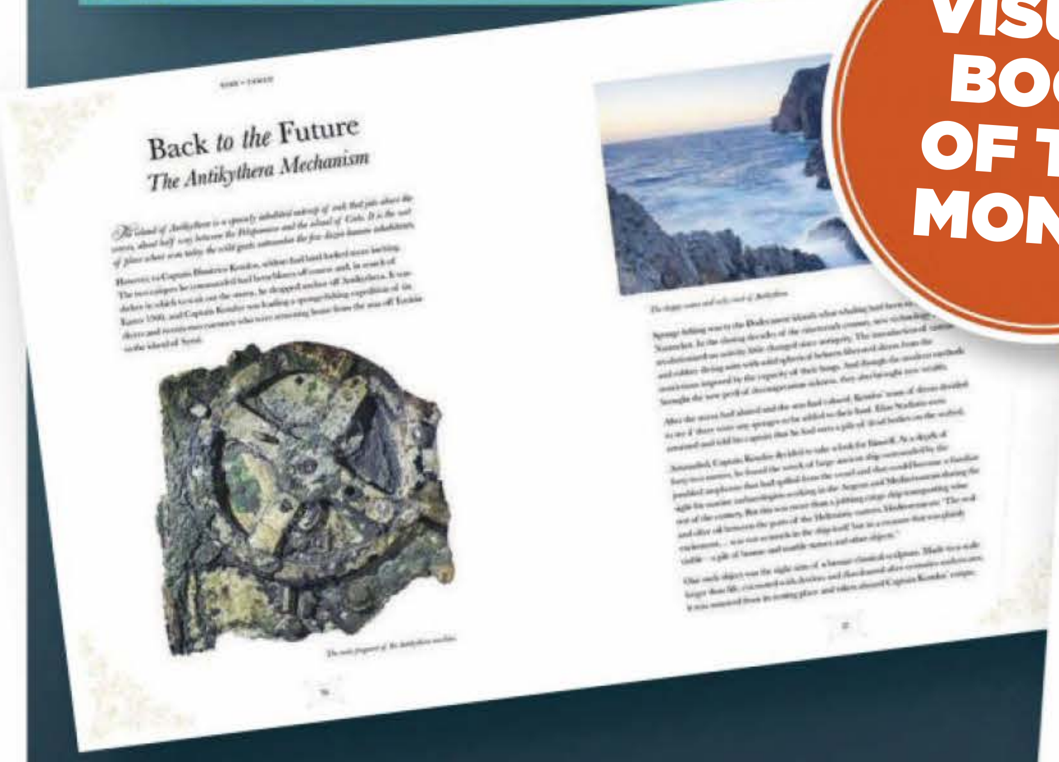
By Nicholas Foulkes

Simon & Schuster, £25, hardback, 256 pages

This history of telling the time speeds readers from ancient attempts (bones, buckets, devices forged from bronze) to the bells and pocket watches of the industrial age and present-day, Space Age examples. It's a truly international tale, told through short, appealingly presented chapters and plenty of illustrations. And some of the facts are striking: did you know, for instance, that the most expensive watch in world history sold for 24 million US dollars?

> "From bones and buckets to Space Age examples"

VISUAL BOOK OF THE MONTH



Back to the Future

The Antikythera Mechanism

The Twilight of Antiquity

The Great Clock of Gaza

American Polymath

Franklin

Illustrations bring these varied timepieces to life in minute detail

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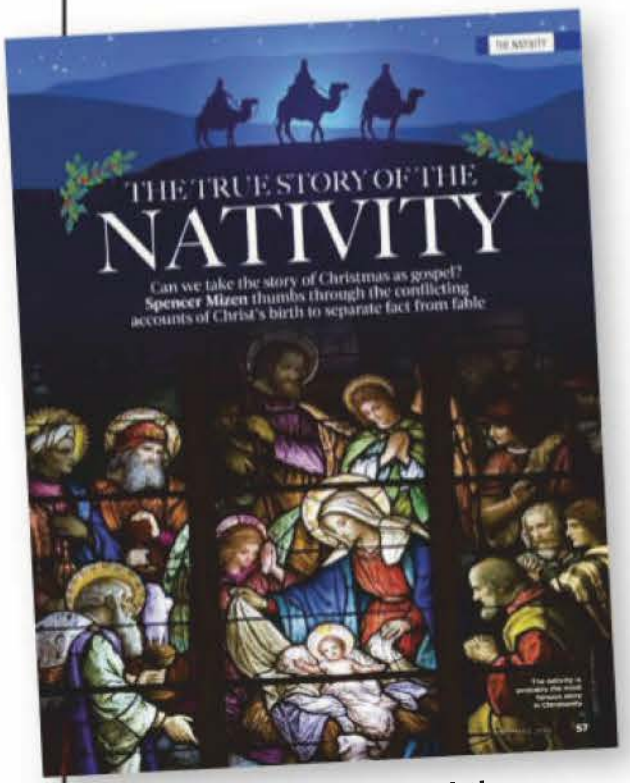
THE TRUE STORY OF THE NATIVITY
Can we take the story of Christmas as gospel? Spencer Mizen thumbs through the conflicting accounts of Christ's birth to separate fact from fable

Our feature examined the historical facts of the Nativity

GOSPEL TRUTH

Your article 'The True Story of the Nativity' (Christmas 2019) asks why the Gospel accounts of Jesus's birth differ. The explanation may be that Luke was written not for Matthew's Jewish audience, but for Romans. The Acts of the Apostles (the fifth book of the New Testament) says that Luke accompanied Paul to Rome and stayed for two years; his Gospel may have been intended to show that Christianity was not an un-Roman activity. This would fit with Luke's mention of Emperor Augustus, Governor Quirinius and a Roman census, none of which are included in the Gospel of Matthew. What's more, Luke portrays Joseph as being loyal to Rome, so eager to register to pay his taxes that he dragged his heavily pregnant wife on a 90-mile journey. Matthew's account of tributes of gold, frankincense and myrrh from Persia (Rome's enemy), however, and the portrayal of Herod (Rome's ally) as a child-killer may have been judged unsuitable for Roman readers.

✉ **Dave Corker, Merseyside**

HIDDEN HISTORY

I enjoyed the recent feature on the story of Pompeii (October 2019). Years ago, whilst travelling the world, I visited Pompeii. In those days, the city's magnificent artworks and the plaster casts of the victims were hidden away from tourists. But I was in luck: one of the guards opened the closed buildings to show me!

✉ **Heather Beaton, Whakatane, New Zealand**

GONE FOR GOOD?

I was interested in the piece about the extinction of the sea cow in your Christmas issue. There have been recent accounts that a large marine creature, possibly a Steller's Sea Cow, has been sighted. How accurate are these accounts likely to be?

James Wells, by email

We asked Paul McGuinness, editor of *BBC Wildlife Magazine*, for his thoughts:

It's true that animals do seemingly magically reappear many years after becoming extinct. These so-called Lazarus species include the coelacanth – a prehistoric fish that was assumed had probably died out with the dinosaurs some 65 million years ago, before being rediscovered in a South African fishing net in 1938. But as yet we've heard nothing about the return of the Steller's sea cow.

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ISSUE 77 – JANUARY 2020

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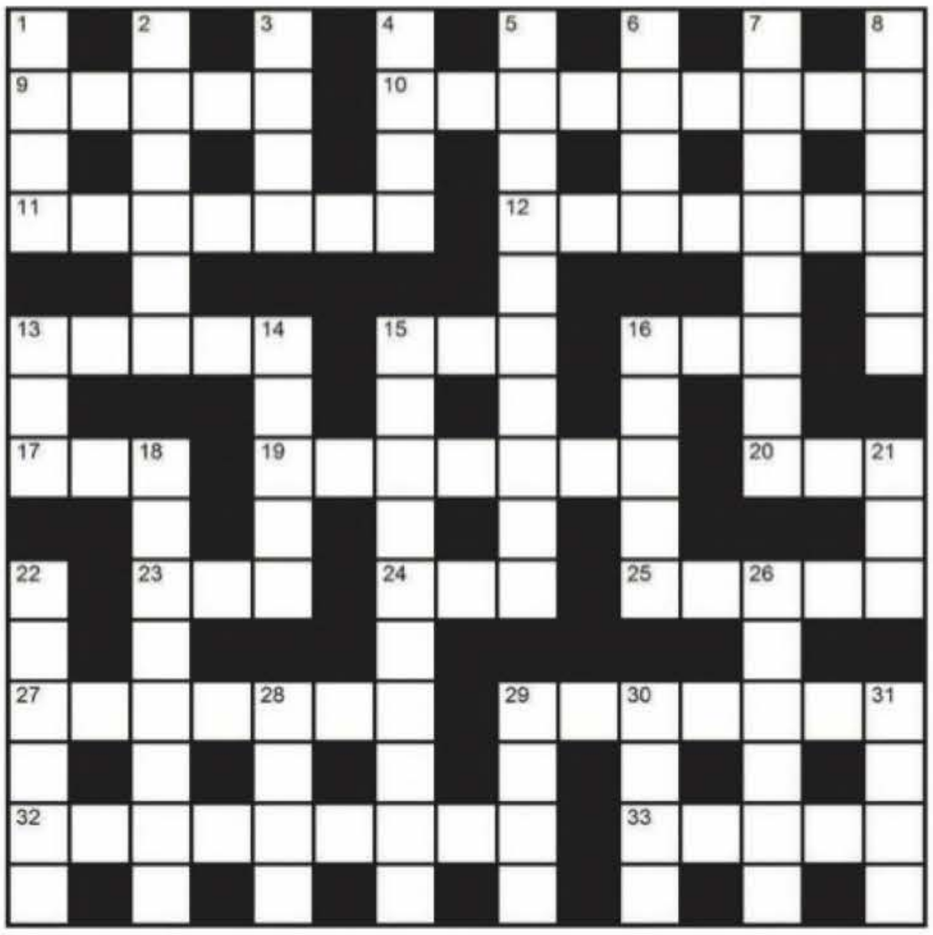


ACROSS

9 Ancient port city in Jordan (5)

10 Artefacts from US history and folklore (9)

11 1849 novel by Charlotte Brontë (7)

12 Poison taken by Socrates (7)

13 Forbidden in Islam (5)

15 Roman road (3)

16 Period of time – geologic or regnal, perhaps (3)

17/19/20 1962 film about the D-Day landings (3,7,3)

23 Flightless bird of New Zealand, extinct since the Middle Ages (3)

24 Cargo thrown into Boston Harbour in 1773 (3)

25 In the Bible, the mother-in-law of Ruth (5)

27 William ___ Astor (1848–1919), politician and publisher (7)

29 Jazz style popularised by Scott Joplin (7)

32 Most Serene Republic in southern Europe (3,6)

33 Ancient kingdom of western Anatolia (5)

DOWN

1 1975 Steven Spielberg film (4)

2 Sir Charles ___ (1782–1853), army officer and Governor of Sindh (6)

3 Apostle also known as Saul of Tarsus (4)

4 Humphry ___ (1778–1829), Cornish scientist (4)

5 Founder of the Polish Solidarity trade union (born 1943) (4,6)

6 Former name of Thailand (4)

7 Member of a European royal house established in 1003 (8)

8 Alice ___ (born 1944), US author of *The Color Purple* (1982) (6)

13/21 City of southern Thailand, formerly known as Khok Samet Chun (3,3)

14 Island state awarded the George Cross in 1942 (5)

15 1848 novel by WM Thackeray (6,4)

16 Sir Piers ___, murderer of Richard II (in Shakespeare) (5)

18 ___ Pankhurst (1858–1928), suffragist (8)

21 See 13

22 1940 Marx Brothers film (2,4)

26 City of Asturias, reputedly founded in 761 (6)

28 ___ Tryggvasson, 10th-century king of Norway (4)

29 Pussy ___, Russian punk-rock protest group, founded in 2011 (4)

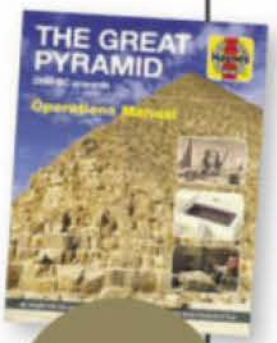
30 'Time will run back, and fetch the age of ___' – John Milton, 1645 (4)

31 Derbyshire village, isolated during the plague of 1665 (4)

CHANCE TO WIN

The Great Pyramid

by David Ian Lightbody and Franck Monnier



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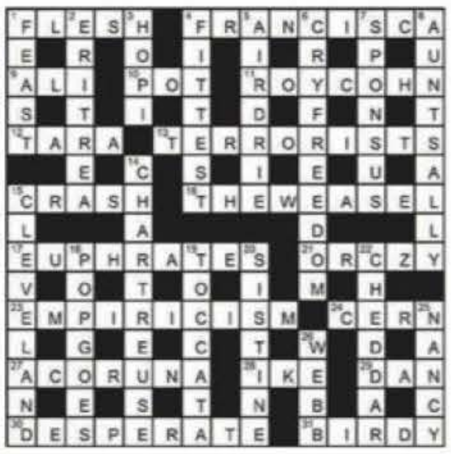
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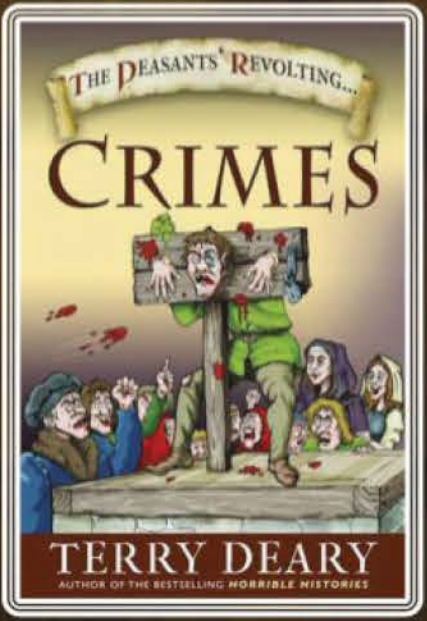
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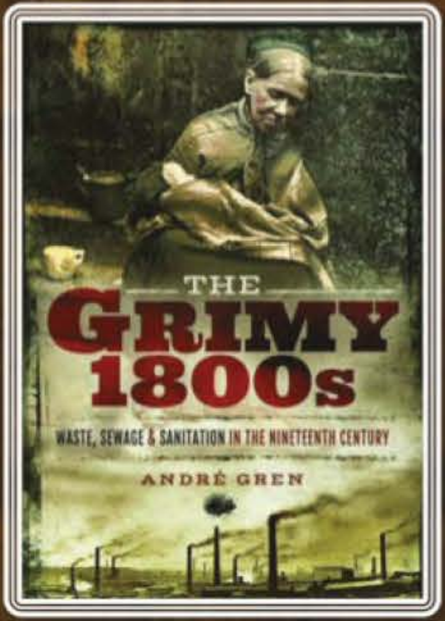
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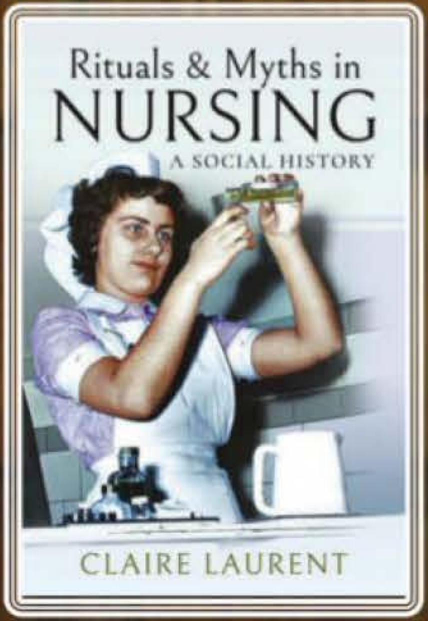
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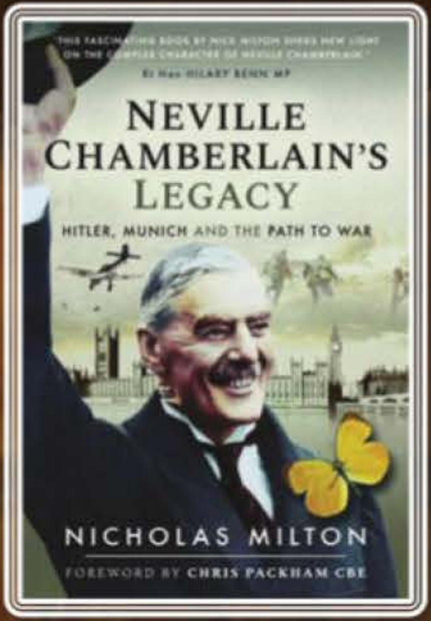
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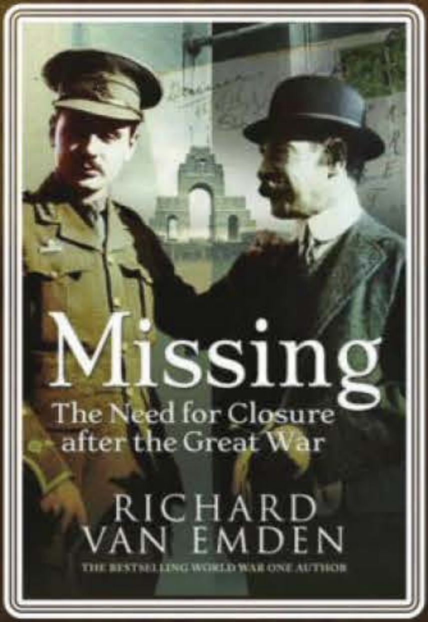
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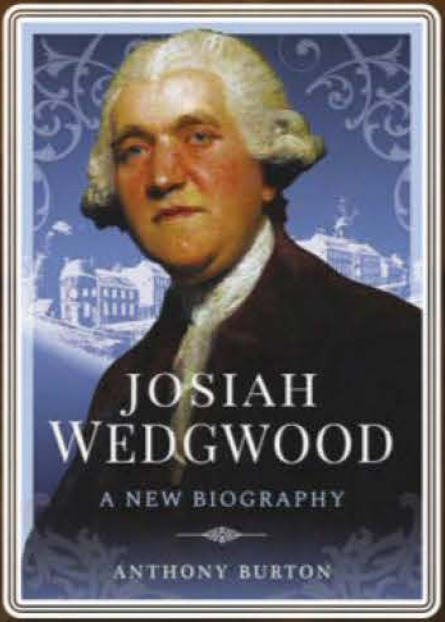
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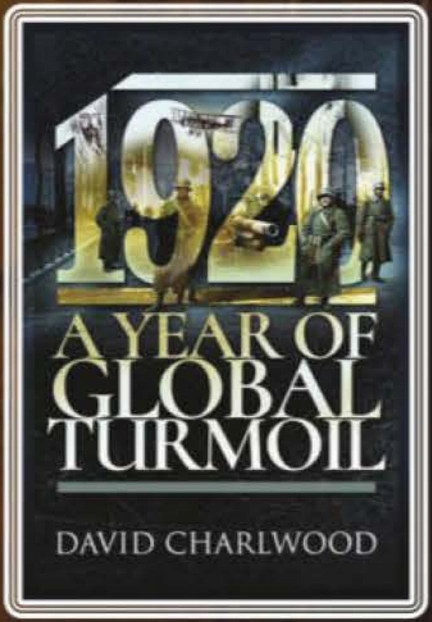
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